

Amherst High School Menu—February—Week 1



V = Vegetarian **S** = Smart Choices™ Healthy Entree

MONDAY 2/2

TUESDAY 2/3

WEDNESDAY 2/4

THURSDAY 2/5

FRIDAY 2/6



BLT wrap
bacon, lettuce, tomato and American cheese in a whole wheat tortilla wrap

turkey club
roasted turkey breast, crisp bacon, lettuce, tomato romaine and Thousand Island dressing on a whole wheat roll

grilled chicken wrap
grilled chicken breast strips, melted provolone cheese and Caesar dressing in a whole wheat wrap

fiesta turkey panini
turkey breast, pepperjack cheese and tomato salsa in a grilled panini

vegetarian melt
steam broccoli florets with low fat mozzarella cheese, served in a pita **V S**

AVAILABLE DAILY: turkey, salami, bologna and ham; american, swiss, provolone and low fat mozzarella cheese; whole wheat and white bread, club rolls; whole wheat, regular and flavored wraps; assorted Toppings. Also Available Daily, Look for our assorted Frait Express Sandwichs and Salads to Go.



pepperoni and cheese parm roll
layers of thin pepperoni topped with mozzarella, grated parmesan, marinara sauce and oregano wrapped in fresh whole wheat dough lightly brushed with garlic and oil

spinach cheese pizza
fresh whole wheat pizza dough, lightly brushed with garlic and oil, with homemade pizza sauce, mozzarella cheese and spinach **V**

classic calzone
seasoned ricotta and low fat mozzarella cheese, layered between fresh whole wheat dough, lightly brushed with garlic and oil and baked to perfection **V**

classic white pizza
fresh whole wheat dough lightly brushed with garlic and oil, topped with low fat mozzarella and ricotta, baked to perfection **V**

pepperoni pizza
layers of thin pepperoni topped with mozzarella, grated parmesan, marinara sauce and oregano in whole wheat dough lightly brushed with garlic and oil

AVAILABLE DAILY: plain and pepperoni pizza by the slice, featuring whole grain pizza dough



vegetarian stir-fry
julienne cut vegetables and our special blended sauce over steamed brown rice **V S**

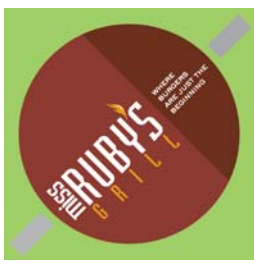
cheesy mozzarella sticks
cheesy baked mozzarella sticks with a side of whole wheat pasta and marinara sauce **V S**

popcorn chicken
popcorn chicken with creamy mashed potatoes and corn served with whole wheat bread

baked potato bar
piping hot baked Idaho potato with all your favorite toppings, cheese, sour cream, broccoli, onions, bacon bits

pasta, pasta, pasta **V S**
whole wheat pasta spirals with your choice of meat sauce, marinara or alfredo, with sliced garlic bread wedge

Look for our famous World Market that will rotate in each week.



mushroom burger
juicy beef burger topped with warm mushrooms and served on a whole wheat roll

ham and cheese melt
slices of grilled ham topped with melted American cheese, served on slice whole wheat bread

bacon cheeseburger
all beef patty, topped with twin turkey bacon slices, melted American cheese, green leaf lettuce and tomato, served on a whole wheat bun

buffalo chicken sandwich
grilled chicken patty with buffalo hot sauce, green leaf lettuce and tomato slices, on a whole wheat bun

tex mex burger **S**
ground beef grilled to perfection, topped with refried beans, cheddar cheese, salsa and sour cream, on a whole wheat bun

AVAILABLE DAILY: hamburgers, cheeseburgers, turkey burgers and veggie burgers.



chicken taco salad
crispy tortilla bowl filled with shredded lettuce, diced tomato, beans, Mex-chicken, shredded cheddar cheese, sour cream and sliced jalapenos

two cheese quesadilla **V**
shredded cheddar and mozzarella cheeses, pico de gallo melted into a tortilla

vegetable enchiladas **V**
Mexican vegetables, red chili sauce, pico de gallo, rolled in corn tortillas and topped with melted cheddar cheese

beef cheese quesadilla
Mexi-beef, shredded cheese, pico de gallo melted into a tortilla

classic cheese quesadilla
shredded cheese, pico de gallo melted into a tortilla

AVAILABLE DAILY: Mexi-Be



chicken and rice soup
red bliss potato salad **V**

minestrone soup **V**
your choice of half a sandwich

chicken noodle soup
antipasto salad

beef vegetable soup
your choice of half a sandwich

hearty tomato soup **V**
oriental chicken salad **V**

AVAILABLE DAILY WITH SALAD LUNCH: protein choice, whole wheat dinner roll, fruit choice and milk choice
VEGGIE TABLE DAILY OFFERINGS TO INCLUDE: tossed salad; veggie sticks with low fat dip; Caesar salad; Spinach and egg salad; tuna or egg salad on bed of lettuce; yogurt lunch; bagel lunch; hummus with whole wheat pita bread; low fat mozzarella cheese and tomato salad; fresh whole and cut fruit and yogurt parfaits

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE AND MILK CHOICE (WHOLE MILK, 1% LOW FAT MILK, SKIM MILK OR 1% LOW FAT CHOCOLATE MILK)

Amherst High School Menu—February -Week 2



V = Vegetarian **S** = Smart Choices **TM** Healthy Entree

MONDAY 2/9 TUESDAY 2/10 WEDNESDAY 2/11 THURSDAY 2/12 FRIDAY 2/13



red square wrap **S**
turkey, american, lettuce, tomato, low fat Russian dressing, served in a whole wheat wrap

turkey salad wrap
chunks of turkey with lettuce, tomato and American cheese on a whole wheat wrap

grilled vegetable wrap
grilled red and green peppers, low fat mozzarella cheese, onions and tomatoes, served on a whole wheat pita flat **S V**

tuna salad wrap
fresh chunky tuna salad with field greens and tomatoes, served in a whole wheat wrap **S V**

south of the border wrap
chicken tenders with leaf lettuce, tomato slices and salsa, served in a whole wheat wrap **S**

AVAILABLE DAILY: turkey, salami, bologna and ham; american, swiss, provolone and low fat mozzarella cheese; whole wheat and white bread, club rolls; whole wheat, regular and flavored wraps; assorted Toppings. Also Available Daily, Look for our assorted Frait Express Sandwichs and Salads to Go.



three cheese calzone
seasoned ricotta, low fat mozzarella cheese and grated parmesan, layered between fresh whole grain pizza dough, lightly brushed with oil and garlic **V**

roasted garlic and onion pizza **V**
layers of thin garlic and onion, topped with mozzarella, grated parmesan, marinara sauce and oregano, with fresh whole grain pizza dough lightly brushed with oil and garlic

meatball pizza
ultra thin whole grain dough brushed with garlic and oil, topped with homemade pizza sauce, mozzarella and spicy Italian meatballs with parmesan

broccoli pizza **V**
fresh whole wheat grain dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella and chopped broccoli, baked to perfection

mushroom pizza **V**
layers of thin mushrooms, topped with mozzarella, grated parmesan, marinara sauce and oregano in fresh whole grain pizza dough, lightly brushed with garlic and oil

AVAILABLE DAILY: plain and pepperoni pizza by the slice, featuring whole grain pizza dough




chicken stir-fry **S**
julienne cut chicken strips with fresh carrots and celery, with our special blended sauce, over steamed brown rice

beefy lasagna
lasagna layered with beef, ricotta, mozzarella cheese and marinara baked to perfection

 vegetable lo mein
assorted asian vegetables cooked to perfection with special sauce and whole wheat pasta **V**

bbq chicken
baked bbq chicken with spicy sauce, served with steamed rice, a side of corn and a whole wheat dinner roll

all beef burger
assorted hot toppings bar: sautéed mushrooms, sautéed onions and sautéed red and green peppers on a whole wheat bun 

Look for our famous World Market that will rotate in each week.



vegetarian melt **V**
steamed broccoli florets and American cheese on a grilled whole wheat pita

chicken jack
chicken patty with low fat mozzarella cheese, sliced tomato and green leaf lettuce on a soft whole wheat bun

triple decker grilled cheese
grilled cheddar and american cheese, tomatoes on whole wheat


chicken cordon bleu sandwich
breaded chicken patty topped with boiled ham, swiss cheese, crisp lettuce, tomato and mayo on a whole wheat bun

chicken fajita **S**
chicken fajita with peppers, cheese, lettuce and tomato in a wheat wrap

AVAILABLE DAILY: hamburgers, cheeseburgers, turkey burgers and veggie burgers.




soft beef taco
crumpled Mexi-beef w/ shredded lettuce and cheese, topped with pico de gallo in a tortilla wrap

beefy meaty quesadilla
Mexi-beef with shredded cheese melted into a tortilla, topped with pico de gallo 

mission beef burrito
Mexi-beef, rice and beans, with shredded lettuce, pico de gallo and sour cream in a tortilla wrap

beef fajita roll-up
strips of fajita flavored beef, shredded lettuce and cheese, Mexi rice and sour cream, pico de gallo, in a tortilla wrap

chicken cheese quesadilla
Mexi-chicken, shredded cheese, pico de gallo melted into a tortilla 

AVAILABLE DAILY: Mexi-Beef; crunchy or soft tacos; nacho chips; select any combination of toppings



chicken barley soup
marinated three bean salad **V**

vegetable soup **V**
classic greek salad w/ feta cheese **V**

minestrone soup **V**
antipasto salad **V**

chicken rice soup
vegetable pasta primavera **V**

chicken noodle soup
cobb salad

AVAILABLE DAILY WITH SALAD LUNCH: protein choice, whole wheat dinner roll, fruit choice and milk choice
VEGGIE TABLE DAILY OFFERINGS TO INCLUDE: tossed salad; veggie sticks with low fat dip; Caesar salad; Spinach and egg salad; tuna or egg salad on bed of lettuce; yogurt lunch; bagel lunch; hummus with whole wheat pita bread; low fat mozzarella cheese and tomato salad; fresh whole and cut fruit and yogurt parfaits

Amherst High School Menu—February—Week 3



V = Vegetarian **S** = Smart Choices TMHealthy Entree

	MONDAY 2/23	TUESDAY 2/24	WEDNESDAY 2/25	THURSDAY 2/26	FRIDAY 2/27
	italian hoagie turkey salami with provolone cheese, shredded lettuce and tomato, served on a whole wheat roll	american grinder ham, turkey, american cheese, leaf lettuce and tomato on a whole wheat roll S	grilled chicken caesar wrap grilled chicken slices with romaine lettuce, cheese and low fat Caesar dressing, served in a whole wheat wrap	american beauty fresh sliced turkey breast with melted cheese, leaf lettuce and tomatoes on a whole wheat wrap	harvest classic thinly sliced turkey, ham and mozzarella with leaf lettuce, tomato on a whole wheat wrap
AVAILABLE DAILY: turkey, salami, bologna and ham; american, swiss, provolone and low fat mozzarella cheese; whole wheat and white bread, club rolls; whole wheat, regular and flavored wraps; assorted Toppings. Also Available Daily, Look for our assorted Fruit Express Sandwiches and Salads to Go.					
	turkey sausage pizza fresh whole wheat dough, lightly brushed with garlic and oil, topped with homemade pizza sauce, low fat mozzarella and chunks of sweet turkey sausage	macho taco pizza Taco seasoned turkey with lettuce, tomato and cheese, with homemade pizza sauce on whole wheat dough	spinach pizza V fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella and chopped spinach, baked to perfection	classic white pizza V fresh whole wheat dough lightly brushed with garlic and oil, topped with low fat mozzarella and ricotta, baked to perfection	cheesy parm roll individual whole wheat dough lightly brushed with garlic and oil, filled with mozzarella, pepperoni and sauce, rolled up and baked to perfection
AVAILABLE DAILY: plain and pepperoni pizza by the slice, featuring whole grain pizza dough					
	open face roast beef sandwich tender slices of beef served on whole wheat bread, topped with hot beef gravy V	omelet veggie omelet with served with pork sausage patty, potato puffs	chicken parm breaded chicken cutlet topped with cheese and marinara sauce served with a side of pasta and garlic bread	V S cheesy mozzarella sticks cheesy mozzarella sticks with a side of whole wheat pasta and marinara sauce	all beef burger Assorted hot toppings bar: sauteed mushrooms, sautéed onions, and sautéed green peppers on a whole wheat bun
Look for our famous World Market that will rotate in each week.					
	heart smart burger S turkey burger with lettuce and tomato on a whole wheat bun	breaded pork patty breaded pork patty topped with shredded mozzarella served on a whole wheat bun	chicken parmesan breaded chicken patty with marinara sauce and low fat mozzarella cheese, on a soft whole wheat bun	turkey BLT wrap thin sliced turkey bacon with American cheese, lettuce and tomato, on a soft whole wheat tortilla S	cinco de mayo chicken fajita meat with green pepper, cheese, lettuce and tomato in a wheat wrap
AVAILABLE DAILY: hamburgers, cheeseburgers, turkey burgers and veggie burgers.					
	chicken enchiladas Mexi-chicken, pico de gallo, melted cheddar cheese, sliced jalapenos and sour cream wrapped in a corn tortilla	vegetable enchiladas Mexican vegetables, red chili sauce, pico de gallo, rolled in corn tortillas and topped with melted cheddar cheese V	nachos grande crisp nacho chips, spicy beef topping, shredded lettuce and cheese, Mexi rice, sour cream and pico de gallo in a tortilla wrap	mission beef burrito Mexi-beef, rice and beans, with shredded lettuce, pico de gallo and sour cream in a tortilla wrap	chicken burrito mexi-chicken with beans, rice, pico de galo, shredded cheddar, sour cream in a tortilla
AVAILABLE DAILY: Mexi-Beef; crunchy or soft tacos; nacho chips; select any combination of toppings					
	beef vegetable soup half a sandwich-your choice V	bean with bacon soup chicken caesar salad	chicken vegetable soup panzanella salad V	vegetarian white bean soup V half a sandwich-your choice	clam chowder hearty chef salad
AVAILABLE DAILY WITH SALAD LUNCH: protein choice, whole wheat dinner roll, fruit choice and milk choice VEGGIE TABLE DAILY OFFERINGS TO INCLUDE: tossed salad; veggie sticks with low fat dip; Caesar salad; Spinach and egg salad; tuna or egg salad on bed of lettuce; yogurt lunch; bagel lunch; hummus with whole wheat pita bread; low fat mozzarella cheese and tomato salad; fresh whole and cut fruit and yogurt parfaits					

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE AND MILK CHOICE (WHOLE MILK, 1% LOW FAT MILK, SKIM MILK OR 1% LOW FAT CHOCOLATE MILK)