



! Skiing is one of the world's most popular winter sports and is a great way for people of all ages to have fun and enjoy some exercise at the same time. But did you know skiing burns more calories per hour than any other sport! Years ago, skiing was a crucial means of transport, imagine skiing to your friends house every time you want to go out!

# Amherst Middle School Menu February 2009

**DID YOU KNOW**  
All our Milk & Chicken Products are Antibiotic and Hormone free!  
Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!  
We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.  
All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!  
Vegetables are always fresh and crisp!  
Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Eating plenty of fruits and vegetables has been proven to help brain function. Try oranges, strawberries or kiwis they are filled with vitamin C. Vitamin C helps our immune system function properly!



Questions or Comments about the Food Service Program? Please call the Food Service Director Rebecca Trietley at (413) 362-1839  
Menu subject to change. Notice posted when possible.

Monday	Tuesday	Wednesday	Thursday	Friday
2 chicken snack wrap <i>strips of breaded chicken topped with lettuce and tomato in a whole wheat wrap</i>	3 build a burger <i>veggie, all beef, or cheese burger, with favorite toppings: lettuce, tomato, onion, pickle chips served on a whole wheat bun</i>	4 bbq chicken <i>juicy bbq chicken served with pasta salad, green beans and whole wheat bread</i>	5 pasta, pasta, pasta <i>whole wheat pasta spirals with your choice of meat balls, marinara or alfredo, with a whole wheat dinner roll</i>	6 beef or cheese quesadilla <i>Mexi-beef, shredded cheese, pico de gallo melted into a tortilla or without beef- your choice served with a side of rice</i>
9 cheesy mozzarella sticks <i>cheesy baked mozzarella sticks with a side of whole wheat pasta and marinara sauce</i>	10 chicken nuggets <i>baked breaded chicken nuggets with assorted dipping sauce and served with a side of green peas and steamed rice</i>	11 macaroni & cheese <i>creamy macaroni &amp; cheese made with cheddar and american served with steamed green beans</i>	12 baked potato bar <i>hot baked potato with your choice of meat or bean topping, sour cream, cheese, broccoli, onions served with sliced wheat bread</i>	13 Sloppy Joes <i>(P) pork sloppy joe served on a whole wheat bun with a side of baked fries</i>
16 <b>SPRING RECESS</b> <i>School Closed</i>	17 <b>SPRING RECESS</b> <i>School Closed</i>	18 <b>SPRING RECESS</b> <i>School Closed</i>	19 <b>SPRING RECESS</b> <i>School Closed</i>	20 <b>SPRING RECESS</b> <i>School Closed</i>
23 crisp taco grande <i>crumpled Mexi-beef with shredded lettuce and cheese, topped with pico de gallo in a tortilla wrap</i>	24 toasted cheese sandwich & tomato soup <i>melted and creamy american toasted cheese sandwich served with piping hot tomato soup</i>	25 vegetable lasagna <i>layers of veggies, ricotta, mozzarella cheese, and noodles baked to perfection served with a side salad and wheat roll</i>	26 popcorn chicken <i>breaded popcorn chicken served with assorted dipping sauces, a side of mashed potatoes, and a whole wheat dinner roll</i>	27 brunch for lunch <i>whole wheat french toast sticks served your choice of scrambled eggs or pork sausage with a side of potato puffs</i>

**ALL STUDENT LUNCHES INCLUDE**  
Skim Milk, 1% Milk, Low Fat Flavored Milk, and Lactaid Milk  
Fresh Vegetable Choice with Low-Fat Dip or Vegetable of the Day or Tossed Salad. Choice of Fruit or Juice

**LUNCH ALTERNATES AVAILABLE DAILY:**

-  Bologna, Salami, Turkey, Tuna, Vegetable and Hummus.
-  Cheese or Pepperoni Pizza.
-  Hot Meal of the Day.
-  Chicken Patties and Burgers.
-  Grab and Go Fresh Salad Offerings.

**DAILY HEALTHIER CHOICE**  
Low-fat part-skim Mozzarella Cheese served over a bed of mixed greens with tomato wedges, cucumbers, and dressing and a whole wheat dinner roll.