





**AHS/ AMS Breakfast Menu**

Mon	Tue	Wed	Thu	Fri
	1 <i>National Calzone Day</i> Enriched Calzone Fruit <b>Snack</b> WG Goldfish 100% Juice	2 WG Breakfast Burrito Fruit <b>Snack</b> Cheez it Colby Cheese	3 <i>National Sandwich Day</i> WG Cinnamon Toast Crunch <b>Snack</b> WG Sun Chips	4 WG Egg & Cheese Muffin Apple Slices <b>Snack</b> WG Bean & Veggie Crackers 100% Juice
7 WG Cereal Juice <b>Snack</b> WG Muchies	8 WG Wisconsin Parfait <b>Snack</b> Beef Stick 100% Juice	9 WG Scramble Eggs & Canadian Bacon Cheese Wrap Mixed Fruit <b>Snack</b> Soft Pretzel	10 WG Mini Cinnis <b>Snack</b> WG Fried Rice 100% Juice	11 WG Berry Crisp <b>Snack</b> Enriched Garlic Knot 100% Juice
14 WG Chocolate Muffin <b>Snack</b> WG Popcorn 100% Juice	15 WG French Toast Loaf Applesauce <b>Snack</b> WG Apple Muffin	16 Enriched Mini Pancakes 100% Juice <b>Snack</b> WG Tiger Bites	17 WG Poptart Fruit <b>Snack</b> WG Nutri Grain	18 Blueberry Parfait <b>Snack</b> WG Confetti Cookies
21 WG Pumpkin Parfait <b>Snack</b> WG Bug Bites	22 <i>National Cranberry Relish Day</i> WG Cranberry Muffin Fruit <b>Snack</b> WG Cheddar Chex Mix 100% Juice	<p>23</p> <p>24</p> <p>25</p> <p><b>Happy Thanksgiving!</b></p> 		
28 <i>Professional Day</i> 	29 Enriched Croque Monsieur (Savory French Toast) <b>Snack</b> WG Peanut Free Uncrustable	30 WG Mini Bagels <b>Snack</b> Strawberry Smoothie		

AMS/AHS Lunch Prices

Students \$ 2.80

Adults \$ 4.65

Extra Entrée for all \$1.50

Extra Milk/ Juice \$0.50

WG=Whole Grain  
All Meals Served with 1%, Skim White  
or Skim Chocolate Milk Unless  
Otherwise Stated

*This intuition is an equal opportunity provider  
All Menus Are Subject To Change*





November 2022

**AHS/ AMS Lunch Menu**



Mon	Tue	Wed	Thu	Fri
	1 WG Cheese Quesadilla Refried Beans Spiced Pears	2 WG Mini Pancake Yogurt OR Sausage Hash brown 100% Veggie Juice Strawberries	3 Sloppy Joe's WG Bun Sweet Potato Fries Sliced Peaches	4 WG Cheese Pizza Relish Tray Applesauce
7 HM WG Cajun Mac & Cheeseburger Hot Dish Green Beans Sliced Apples	8 Santa Fe Chicken Salad WG Tortilla Strips WG Cornbread Corn Pineapple Tidbits	9 WG Meatball Sandwich French Fries 100% Veggie Juice Blueberries	10 WG Popcorn Chicken WG Biscuit Mashed Potatoes Green Peas Sliced Peaches	11 WG Grilled Cheese Minestrone Soup Relish Tray Sliced Pears
14 WG Assorted Pizza Relish Tray Mandarin Oranges	15 HM WG Beef Burrito WG Spanish Rice Black Beans Spiced Apples	16 WG Philly Steak Sweet Potato Fries Sliced Pears	17 WG Egg & Cheese Or Sausage & Cheese Muffin Tater Tots Sautéed Mushrooms Sliced Peaches	18 HM WG Garlic Cheese Bread Spinach Tropical Fruit
21 WG Cheese Hamburger Lettuce & Tomato 100% Veggie Juice Mixed Fruit	22 Shepherd's Pie WG Dinner Roll Green Bean Casserole Tropical Fruit	23	24	25
28 <i>Professional Day</i> 	29 Gumbo WG Cajun Rice Sliced Carrots Mandarin Oranges	30 WG Meatloaf Sandwich Au Gratin Potatoes Bananas	<p><b>Happy Thanksgiving!</b></p> 	

AMS/AHS Lunch Prices

Students \$ 2.80

Adults \$ 4.65

Extra Entrée for all \$1.50

Extra Milk/ Juice \$0.50

WG=Whole Grain  
HM=Home Made  
Served with 1%, Skim White or  
Skim Chocolate Milk

*This intuition is an equal opportunity provider  
All Menus Are Subject To Change*

