

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	29
Breakfast for Lunch! Fluffy Whole Wheat V Pancakes with Syrup Potato Puffs Turkey Sausage Chilled Juice Fresh 1% Hood Milk	Goopy Grilled Cheese Sandwich V Grilled Cheese Sandwich with American Cheese Steamed Broccoli Crowns L Apple Slices Fresh 1% Hood Milk	Beef Tacos on a Soft Shell Beef Tacos on a Soft Tortilla Shell With Shredded Cheese, Lettuce, and Salsa! L Pear Fresh 1% Hood Milk	Cheesy Pizza Slice V Served with Cucumber Coins Ranch Dressing for Dipping! L Applesauce Fresh 1% Hood Milk	Cheeseburger or Veggie Burger V Choice of Hamburger or Cheeseburger on a Whole Wheat Bun, Lettuce, Tomato Served with Baby Carrots & Dip, Whole Apple, Cape Cod Chips, Fresh 1% Hood Milk
2	3	4	5	6
Spicy Chicken Patty or Veggie Burger V Served w/ American Cheese on a Whole Wheat Bun Sliced Tomatoes and Lettuce L Potato Puffs Peaches Fresh 1% Hood Milk	Mozzarella Sticks & Popcorn Chicken V Served with Homemade Marinara Sauce Steamed Corn Fresh Orange Slices Fresh 1% Hood Milk	NO CAMPS! 4th of July!	Fajita Chicken Wrap Sizzlin' Chicken with Peppers and Onions Potato Puffs L Fresh Strawberries Fresh 1% Hood Milk	Turkey Roll Up on a Whole Wheat Wrap Served w/ American Cheese, Tomatoes and Lettuce On a Whole Wheat Wrap L Pickle Slices L Apple Slices Fresh 1% Hood Milk
9	10	11	12	13
Mac & Cheese V L Steamed Carrots Whole Wheat Knot Roll L Whole Apple Fresh 1% Hood Milk	Cheeseburger or Veggie Burger Choice of Hamburger or Cheeseburger on a Whole Wheat Bun, Lettuce, Tomato Served with Smile Fries 😊 Fresh Watermelon Fresh 1% Hood Milk	Chicken Tenders Served with Steamed Corn and L Mashed Potatoes L Apple Slices Fresh 1% Hood Milk	Chicken Patty or Veggie Burger V Served w/ American Cheese on a Whole Wheat Bun Sliced Tomatoes and Lettuce L Potato Puffs Fresh Orange Fresh 1% Hood Milk	Cheesy Pizza Slice V Served with Cucumber Coins Ranch Dressing for Dipping! L Applesauce Fresh 1% Hood Milk
16	17	18	19	20
Breakfast for Lunch! Fluffy Whole Wheat V Pancakes with Syrup Potato Puffs Turkey Sausage Chilled Juice Fresh 1% Hood Milk	Popcorn Chicken <i>Delectable Chicken Bites</i> 😊 Smiley Fries Steamed Corn L Apple Slices Fresh 1% Hood Milk	Beef Tacos on a Soft Shell Beef Tacos on a Soft Tortilla Shell With Shredded Cheese, Lettuce, and Salsa! L Pear Fresh 1% Hood Milk	Cheesy Pizza Slice V Served with Cucumber Coins Ranch Dressing for Dipping! L Applesauce Fresh 1% Hood Milk	Spaghetti with V Marinara/Meat Sauce Whole Wheat Spaghetti with Beef Crumbles or Marinara String Cheese Seasoned Veggie Medley Fresh Orange Fresh 1% Hood Milk
23	24	25	26	27
Spicy Chicken Patty or Veggie Burger V Served w/ American Cheese on a Whole Wheat Bun Sliced Tomatoes and Lettuce L Potato Puffs Peaches Fresh 1% Hood Milk	Cheesy Pizza Slice V Served with Cucumber Coins Ranch Dressing for Dipping! L Applesauce Fresh 1% Hood Milk	Turkey Roll Up on a Whole Wheat Wrap Served w/ American Cheese, Tomatoes and Lettuce On a Whole Wheat Wrap L Pickle Slices L Apple Slices Fresh 1% Hood Milk	Fajita Chicken Wrap Sizzlin' Chicken with Peppers and Onions Potato Puffs Fresh Orange Fresh 1% Hood Milk	Cheeseburger or Veggie Burger V Choice of Hamburger or Cheeseburger on a Whole Wheat Bun, Lettuce, Tomato Served with Baby Carrots & Dip, Whole Apple, Cape Cod Chips, Fresh 1% Hood Milk

STRAWBERRIES



Strawberries are the only fruit that wear their seeds on the outside. The average berry is adorned with some 200 of them. No wonder it only takes one bite to get seeds stuck in your teeth!

Lunch Price: No charge!

Daily Lunch Entrée Alternates

Bagel Meal Kit and Sun Butter Sandwich come with local yogurt and a string of cheese. All meals come with fresh fruit and a milk!

Eat Local!

Support your health & the local economy by choosing local options on the menu. Just look for the **L** symbol!

NEW! We've added a **V** symbol for our expanded Vegetarian options. Try it out!

Local Vendor Spotlight

Wyman's of Maine

Provides ARPS with frozen berries for smoothies and parfaits. Their wild Maine blueberries are small, tangy, sweet and delicious!



Follow Us!

Follow our Farm to School Movement and food program at www.amherstfood.com

& www.facebook.com/AmherstFood

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Mac & Cheese   Steamed Carrots Whole Wheat Knot Roll  Whole Apple Fresh 1% Hood Milk	Goopy Grilled Cheese Sandwich  Grilled Cheese Sandwich with American Cheese Steamed Broccoli Crowns  Apple Slices Fresh 1% Hood Milk	Chicken Tenders Served with Steamed Corn and  Mashed Potatoes  Apple Slices Fresh 1% Hood Milk	Chicken Patty or Veggie Burger  Served w/ American Cheese on a Whole Wheat Bun Sliced Tomatoes and Lettuce  Potato Puffs Peaches Fresh 1% Hood Milk	Cheesy Pizza Slice  Served with Cucumber Coins Ranch Dressing for Dipping!  Applesauce Fresh 1% Hood Milk
6	7	8	9	10
Breakfast for Lunch! Fluffy Whole Wheat  Pancakes with Syrup Potato Puffs Turkey Sausage Chilled Juice Fresh 1% Hood Milk	Cheeseburger or Veggie Burger Choice of Hamburger or Cheeseburger on a Whole Wheat Bun, Lettuce, Tomato Served with Smile Fries 😊 Fresh Watermelon Fresh 1% Hood Milk	Beef Tacos on a Soft Shell Beef Tacos on a Soft Tortilla Shell With Shredded Cheese, Lettuce, and Salsa!  Pear Fresh 1% Hood Milk	Cheesy Pizza Slice  Served with Cucumber Coins Ranch Dressing for Dipping!  Applesauce Fresh 1% Hood Milk	Spaghetti with  Marinara/Meat Sauce Whole Wheat Spaghetti with Beef Crumbles or Marinara String Cheese Seasoned Veggie Medley Fresh Orange Fresh 1% Hood Milk
13	14	15	16	17
Mac & Cheese   Steamed Carrots Whole Wheat Knot Roll  Whole Apple Fresh 1% Hood Milk	Chicken Patty or Veggie Burger  Served w/ American Cheese on a Whole Wheat Bun Sliced Tomatoes and Lettuce  Potato Puffs Peaches Fresh 1% Hood Milk	Goopy Grilled Cheese Sandwich  Grilled Cheese Sandwich with American Cheese Steamed Broccoli Crowns  Apple Slices Fresh 1% Hood Milk	Mozzarella Sticks & Popcorn Chicken  Served with Homemade Marinara Sauce Steamed Corn  Fresh Strawberries Fresh 1% Hood Milk	Spicy Chicken Patty or Veggie Burger  Served w/ American Cheese on a Whole Wheat Bun Sliced Tomatoes and Lettuce  Potato Puffs Peaches Fresh 1% Hood Milk
20	21	22	23	24
27	28	29	30	31

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Lunch Price: No charge!

Daily Lunch Entrée Alternates

Bagel Meal Kit comes with local yogurt and a string cheese, Or, Sun Butter Sandwich. All meals come with fresh fruit and a milk!

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