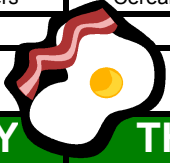


Check out the flip side	AMS January Café Menu				for fun and games!
-------------------------	-----------------------	--	--	--	--------------------

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

Full Price Lunch \$1.50	Full Price Breakfast \$.60
-------------------------	----------------------------

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pancake Pup	Sausage Biscuit	Bacon & Egg Biscuit	French Toast	Breakfast Wrap
OR	OR	OR	OR	OR
Cereal with Graham Crackers	Cereal with Graham Crackers	Cereal with Graham Crackers	Cereal with Graham Crackers	Cereal with Graham Crackers
WITH	WITH	WITH	WITH	WITH
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

Reduced Price Lunch \$.40	Reduced Price Breakfast \$.30
---------------------------	-------------------------------

Lunch	Lunch	Lunch	Lunch	Lunch
Deli Sub	Tuna Melt on Roll	Chicken Salad with Roll	Turkey Sub	Deli Wrap
OR	OR	OR	OR	OR
Corndog	Chicken Patty on Roll	Chili with Cornbread	Hot Dog on Bun	Manager's Choice
OR	OR	OR	OR	OR
Toasted Cheese Sandwich	Meatloaf with Roll	Hamburger on Bun	BBQ on Bun	New! Big Daddy's Pizza
WITH	WITH	WITH	WITH	WITH
Choice of 2	Choice of 2	Choice of 2	Choice of 2	Choice of 2
Vegetable Soup	Mashed Potatoes	Fries	Baked Beans	Broccoli
Fresh Veggies and Dip	Green Beans	Fresh Veggies & Dip	Coleslaw	Tossed Salad
Selection Fruit Cups	Fresh Veggies & Dip	Selection of Fruit Cups	Selection of Fruit Cups	Selection of Fruit Cups
Variety of Fresh Fruit	Selection of Fruit Cups	Variety of Fresh Fruit	Variety of Fresh Fruit	Variety of Fresh Fruit
AND	AND	AND	AND	AND
Choice of	Choice of	Choice of	Choice of	Choice of
Milk	Milk	Milk	Milk	Milk

FYI	FYI	FYI	FYI	FYI
-----	-----	-----	-----	-----

Deli Sub = 356 calories	Fruit Cup = 80 calories	Veggie Chili = 223 Calories	Corndog - 340 calories	1 srvg Tossed Salad = 19 calories
Vegetable Soup = 58 calories	Ham & Cheese on Roll = 533 calories	1% Chocolate Milk = 145 calories	Green Beans = 20 calories	1 piece Pizza = 380 calories
Philly Sub = 476 calories	Did you know the average person burns 246 calories walking at a moderate pace for one hour?			2 Tablespoons Ranch = 150 calories

Non-discrimination Statement: In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C.20250-9410or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.