

Nord Middle School August 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH	Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>	MLC = Mrs. Liming's Class' recommendation!	Please visit www.payschoolscentral.com to add money to your child's account, and to complete the Free & Reduced-price Application.
10	11	12	13	14
	18	19	20	21
24	25	26	27	28
			Pizza Hut Pizza*% Baby Carrots & Celery w/hummus Dragon Punch Juice Applesauce Milk % 	Mozzarella Sticks*% w/marinara sauce Seasoned Green Beans Fresh Veggies w/Ranch % Fruit Choices Milk %
31	September 1	September 2	September 3	September 4
Pepperoni Pizza Rolls*% (MLC) w/marinara sauce Seasoned Broccoli Fruit Choices Milk %	WG Chicken Nuggets* Mashed Potoates w/gravy Green Beans Fruit Choices Milk %	Pretzel Dog*% Curly Fries Dragon Punch Juice Fruit Choices Milk %	Domino's Pizza *% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Diced Pears Milk %	Crispitos* w/cheese% Sweet Corn Refried Beans Fruit Choices Milk %

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Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:

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