


Nord Middle November 2021 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Hot Dog on a WG Bun * Steamed Broccoli Curly Fries Fruit Choices Milk %	2 WG Pancakes*%^ Sausage Links Dragon Fruit Punch Hash Brown Fruit Choices Milk%	3 Pulled Pork on a WG bun* Baked Beans Cole Slaw Fruit Choices Milk%	4 Pizza Hut Pizza*% Fresh Veggies w/Ranch%^ Fruit Choices Milk%	5 Loaded Nachos (tortilla chips, beef, cheese%, salsa) Refried Beans Fruit Choices Milk%	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
8 Chicken Patty on a WG Bun* Sweet Corn Tater Tots Fruit Choices Milk %	9 WG Waffles*%^ Sausage Links Dragon Punch Hash Brown Fruit Choices Milk%	10 THANKSGIVING LUNCH Turkey & Gravy* Mashed Potatoes Seasoned Broccoli Fruit Choices Milk% WG Dinner Roll*	11 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	12 WG Popcorn Chicken * Baby Carrots & Celery w/hummus Fruit Choices Milk% World Kindness Day Mixed Berry Frozen Fruit Bar %	<i>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>
15 WG Chicken Nuggets*% Steamed Broccoli Edamame Fruit Choices Milk %	16 WG Stuffed Crust Pizza*% Seasoned Green Beans Tator Tots Fruit Choices Milk %	17 WG Mini Corn Dogs* Baby Carrots & Cauliflower w/hummus Fruit Choices Milk %	18 Pizza Hut Pizza*% Leafy Green Salad Dragon Punch Fruit Choices Milk %	19 Cheeseburger on a WG bun *% Sweet Potato Fries Celery Sticks w/Ranch dip%^ Fruit Choices Milk%	ALLERGENS: * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> These are ONLY a guide
22 WG Chicken Tenders*^ Comet Star Fries Seasoned Green Beans Fruit Choices Milk%	23 WG Taco Wedges *% Refried Beans w/cheese % Sweet Corn Fruit choices Milk %				Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines.
29 WG Corn Dog* Seasoned Green Beans Dragon Punch Fruit Choices Milk %	30 WG Chicken Nuggets* Sweet Potato Tots Sweet Corn Fruit Choices Milk %	DECEMBER 1st WG Macaroni & Cheese*% w/WG soft pretzel* Steamed Broccoli Edamame Fruit Choices Milk%	DECEMBER 2nd Domino's Pizza *% Baby Carrots, Celery & Pepper Strips w/hummus Fruit Choices Milk %	DECEMBER 3rd WG Toasted Cheese Sandwich*% or Fish Sandwich w/cheese*% Cauliflower Florets w/Ranch dip%^ Fruit Choices Milk %	Important update: Due to manufacturer supply shortages, we may need to change the menu items without notice. We will do our best to have a similar item, but cannot guarantee it is the same as what the students usually get.

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

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