





GO AMHERST COMETS!

Nord Middle November 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<p>Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk.</p> <p>Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p>ALLERGENS:</p> <p>* = gluten ^ = egg % = dairy ! = peanut</p> <p>These are ONLY a guide</p>		<p>WG Popcorn Chicken * or Fish Sticks* Baby Carrots & Celery w/hummus Fruit Choices Milk</p> 
<p>4</p> <p>WG French Bread Pizza *% or Rotini & Meatsauce* Steamed Broccoli Baby Carrots w/ Ranch%^ Fruit Choices Milk %</p> 	<p>5</p> <p>Breakfast Sandwich (egg^, cheese% & ham on an English Muffin*) or WG Chicken Nuggets * Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>6</p> <p>Cheeseburger on a Bun*% or WG Corn Dog* Baked Beans Tater Tots Fruit Choices Milk %</p>	<p>7</p> <p>Pizza Hut Pizza*% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p>8</p> <p>Soft Beef Tacos* w/lettuce & cheese% or WG Chicken Tenders* Refried Beans Sweet Corn Fruit Choices Milk%</p>
<p>11</p> <p>Toasted Cheese Sandwich*% or or Hot Dog on a Bun * Celery Sticks w/Ranch Dip Tater Tots Fruit Choices Milk %</p> 	<p>12</p> <p>French Toast Bites*%^ Sausage Links or WG Chicken Tenders * Dragon Fruit Punch Hash Brown Fruit Choices Milk %</p>	<p>13</p> <p>THANKSGIVING LUNCH</p> <p>Turkey & Gravy* or WG Chicken Nuggets* Mashed Potatoes Seasoned Broccoli Fruit Choices, Milk % Holiday Cookie*</p>	<p>14</p> <p>Domino's Pizza *% Leafy Green Salad Fruit Choices Pudding Cup Milk %</p>	<p>15</p> <p>Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Beans Fruit Choices Milk %</p>
<p>18</p> <p>WG Macaroni & Cheese*% w/breadstick * or Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %</p>	<p>19</p> <p>Cheeseburger on a bun *% or WG Chicken Nuggets * Sweet Potato Fries Baked Beans Fruit Choices Milk %</p>	<p>20</p> <p>Mini Cheese Bites*% w/marinara sauce or Mini Corn Dogs *^ Comet Star Fries Seasoned Green Beans Fruit Choices Milk %</p>	<p>21</p> <p>Pizza Hut Pizza*% Leafy Green Salad Dragon Punch Fruit Choices Milk %</p>	<p>22</p> <p>WG Quesadilla*% or WG Chicken & Waffles *% Fresh Veggies w/Ranch %^ or hummus Fruit Choices Milk %</p>
<p>25</p> <p>WG Chicken Tenders*^ or Uncrustable (PB&J)*! Sweet Potato Tots Cauliflower & Broccoli w/Ranch%^ Fruit Choices Milk %</p>	<p>26</p> <p>Meatball Dunkers w/breadstick* or Taco Wedges *% Fresh Veggies w/ Hummus Fruit choices Milk %</p>			

This institution is an equal opportunity provider and employer

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

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