

GO AMHERST COMETS!

Powers Elementary School March 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
DR. SEUSS' BIRTHDAY 2 "Green Eggs & Ham" Breakfast Sandwich *% or "One Fish, Two Fish" Nuggets* "Fox in Socks" Sidekick Slushie Dr. Seuss' Star Fries "Horton Hears a Who" Fruit "Mulberry Street" Milk % PRIZE WITH LUNCH!	**NEW** 3 WG Chicken Drumstick* & (1) Waffle*% or French Toast Bites* w/sausage Wango Mango Juice Hash Brown Fruit Choices Milk %	4 Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Mexican Beans Fruit Choices Milk %	5 Pizza Hut Pizza *% Baby Carrots w/hummus Fruit Choices Milk %	6 Toasted Cheese Sandwich *% [^] or WG Chicken Nuggets * Broccoli, Carrots & Celery Sticks w/Ranch% Fruit Choices Milk %	<i>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.</i>
NEW 9 Pretzel Dog*% or WG Popcorn Chicken * Curry Fries Dragon Punch Juice Fruit Choices Milk %	10 Rotini* w/meatsauce or Chicken Patty on a bun* Green Beans Edamame Fruit Choice Milk %	11 Pillsbury Waffles *% [^] Sausage Links or WG Chicken Fries *% Wango Mango Juice Hash Brown Fruit Choices Milk %	12 Domino's Pizza *% Celery Sticks w/hummus Fruit Crisp Fruit Choices Milk %	13 Fish Shape Nuggets* or WG Chicken Nuggets* Tater Tots Baked Beans Fruit Choices Milk %	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
NEW 20 Pepperoni Pizza Rolls*% w/marinara or WG Chicken Nuggets * Sweet Potato Fries Baked Beans Fruit Choices Milk %	17 St. Patrick's Day Shamrock Chicken Nuggets* [^] or WG Corn Dog* Mashed Potatoes w/gravy Cauliflower & Broccoli Fruit Choices Milk %	**National Sloppy Joe Day** 18 Sloppy Joe on a Bun* or Mini Corn Dogs* Comet Star Fries Dragon Punch Fruit Choices Milk %	19 Pizza Hut Pizza *% Baby Carrots w/hummus Fruit Choices Milk %	20 WG Mozzarella Sticks*% w/marinara or WG Chicken Nuggets * Celery Sticks, Green & Red Peppers w/Ranch % [^] Fruit Choices Milk %	<i>March is National Nutrition Month! Go to www.choosemyplate.gov for fun activities, and tools for a healthy lifestyle.</i>
SPRING BREAK 23	SPRING BREAK 24	SPRING BREAK 25	SPRING BREAK 26	SPRING BREAK 27	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>
NEW 30 Pretzel Dog*% or WG Chicken Fries * Curry Fries Dragon Punch Juice Fruit Choices Milk %	31 Turkey and Gravy *% [^] or WG Chicken Nuggets Dinner Roll Edamame Mashed Potatoes % Fruit Choices Milk %	April 1 Fiestada *% or Soft Tacos*% w/lettuce & cheese Sweet Corn Refried Mexican Beans Fruit Choices Milk %	April 2 Domino's Pizza *% Celery Sticks w/hummus Fruit Choices Milk %	April 3 WG Fish Shape Nuggets* or WG Popcorn Chicken* Comet Fries Seasoned Broccoli WG States & Capitals Cookies* Fruit Choices Milk %	

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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