

GO AMHERST COMETS!

Nord Middle School February 2021 Lunch Menu

Menu subject to change
WEDNESDAY

MONDAY	TUESDAY	Menu subject to change WEDNESDAY	THURSDAY	FRIDAY
Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are <i>ONLY</i> a guide	MLC = Mrs. Liming's Class' recommendations from last school year	Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines.
1 WG Chicken Patty on a Bun* or WG Corn Dog*^ Baked Potato Smiles Carrot Coins Fruit Choices Milk %	2 National Tator Tot Day "Totchos" (tator tots, beef, cheese%) or Fiestada *% Sweet Corn, Refried Beans,% Soft Pretzel,* Fruit Choices Milk %	3 WG Chicken Tenders * or French Toast Sticks *% [^] Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %	4 Domino's Pizza *% Spinach Salad (MLC) w/tomatoes & cucumbers Dragon Punch Juice Fruit Choices Milk %	5 WG Popcorn Chicken* or Cheeseburger on a Bun *% Fresh Veggies w/hummus Fruit Choices Milk %
8 WG Chicken Bites* or Hot Dog on a bun * Baby Carrots & Celery Baked Beans Fruit Choices Milk %	9 WG Stuffed Crust Pizza *% or WG Mozzarella Sticks*% w/ Marinara Seasoned Broccoli Green & Red Peppers w/Ranch Fruit Choices Milk %	10 WG Chicken Nuggets* or PB&J Uncrustables !* Sweet Corn Oven Baked Fries SideKick Slushie Milk %	11 Pizza Hut Pizza*% Broccoli & Cauliflower (MLC) w/hummus Fruit Choices Milk %	12  Parent-Teacher Conferences
15 NO SCHOOL President's Day 	16 Asian Orange Chicken & Rice * or PB&J Uncrustables !* Steamed Broccoli Sugar Snap Peas Fruit Choices Milk % WG Fortune Cookie*	17 ASH WEDNESDAY French Toast Bites *% [^] w/ Sausage Links or WG Macaroni & Cheese*% Wango Mango Juice Hash Brown Fruit Choices Milk %	18 Domino's Pizza *% Celery & Pepper Strips w/Ranch Dragon Punch Juice Fruit Choices Milk %	19 WG Chicken Nuggets* or Fish Sandwich*% Leafy Green Salad w/chick peas Fruit Choices Milk %
22 National "Cook a Sweet Potato" Day Cheeseburger on a bun * or WG Corn Dogs *% [^] Baked Beans Sweet Potato Tots Fruit Choices Milk %	23 WG Chicken Patty on a bun* or Rotini w/ meatsauce * Seasoned Green Beans Fruit Choices Milk %	24 WG Pancake & Sausage wrap on a stick* [^] or Fish Sandwich *% Wango Mango Juice Hash Brown Fruit Choices Milk %	25 Pizza Hut Pizza *% Baby Carrots, Celery & Pepper Strips w/Ranch Dragon Punch Juice Fruit Choices Milk %	26 Mozzarella Sticks*% w/marinara sauce or WG Chicken Sticks* Sweet Corn Fresh Veggies w/Ranch % 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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