









Nord Middle School September 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 WG Chicken Nuggets* Mashed Potatoes w/gravy Green Beans Fruit Choices Milk %	2 Pretzel Dog*% Curly Fries Dragon Punch Juice Fruit Choices Milk %	3 Domino's Pizza *% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Diced Pears Milk % 	4 Crispitos* w/cheese% Sweet Corn Refried Beans Fruit Choices Milk %	EVERY DAY WE OFFER AN ALTERNATE LUNCH: Yogurt & String Cheese WG Grain Equivalent Fruit Vegetable Milk
7 	8 BBQ Rib Sandwich * Seasoned Broccoli Dragon Punch Fruit Choices Milk %	9 French Toast Sticks*^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %	10 Pizza Hut Pizza*% Green, Yellow, Red & Orange Peppers w/Ranch%^ Diced Peaches Milk % 	11 Maxi Cheese Sticks *% w/marinara Curly Fries Baked Beans 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>
14 WG Chicken Bites* Sweet Potato Tots Baked Beans Fruit Choices Milk %	15 Mozzarella Sticks*% w/ Marinara Seasoned Broccoli Green & Red Peppers w/Ranch%^ Fruit Choices Milk %	16 Soft Beef Tacos* w/lettuce, tomato & cheese% Refried Beans w/cheese % Sweet Corn Fruit Choices Milk %	17 Domino's Pizza *% Carrots & Broccoli w/hummus Diced Pears Milk % 	18 WG Chicken Nuggets* or Leafy Green Salad w/chick peas Fruit Choices Milk %	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>
21 Cheeseburger on a Bun*% Oven Baked Fries Baked Beans Fruit Choices Milk %	22 WG Chicken Drumstick* (MLC) & (1) Waffle*% Wango Mango Juice Hash Brown Fruit Choices Milk %	23 Fiestada*% Sweet Corn Refried Beans w/cheese % Fruit Choices Milk %	24 Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Fruit Cocktail Milk % 	25 WG Popcorn Chicken * Leafy Green Salad Seasoned Broccoli Fruit Choices Milk %	Please visit www.payschoolscentral.com to add money to your child's account, and to complete the Free & Reduced-price Application.
28 Sloppy Joe on a Bun*% Baked Beans Tater Tots Fruit Choices Milk % 	29 WG Corn Dog* Seasoned Green Beans Dragon Punch Fruit Choices Milk %	30 Maxi Cheese Sticks *% w/marinara Sweet Corn Carrots & Celery w/Ranch %^ Fruit Choices Milk % 	October 1 Domino's Pizza *% Fresh Veggies w/hummus Diced Peaches Milk % 	October 2 Soft Beef Tacos* Refried Beans w/cheese % Sweet Corn Fruit Choices Milk%	

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Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs: deannepastva@amherstk12.org