

## Nord Middle School February 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 30</b> WG Mozzarella Sticks*% w/ Marinara or Sloppy Joe on a WG Bun * Seasoned Broccoli Smiley Fries Fruit Choices Milk %	<b>January 31</b> WG Chicken Nuggets* Sweet Potato Tots Sweet Corn Soft Pretzel* Fruit Choices Milk%	<b>1</b> WG Chicken Tenders* or WG Uncrustables*! Seasoned Green Beans Baby Carrots w/ Ranch^% Fruit Choices Milk %	<b>2</b> Pizza Hut Pizza *% Fresh Veggies w/ Hummus Dragon Punch Juice Fruit Choices Milk %	<b>3</b> Cheeseburger on a Bun *% or Hot Dog on a WG bun * Tater Tots Baked Beans Fruit Choices Milk%
<b>6</b> WG Chicken Patty on a WG Bun* or WG Corn Dog* Sweet Potato Tots Sweet Corn Fruit Choices Milk %	<b>7</b> WG Fiestada*% Seasoned Broccoli Wango Mango Juice Fruit Choices Milk %	<b>8</b> Pulled Pork on a WG Bun* or WG Chicken Nuggets* Oven Baked Fries Celery Sticks w/Ranch^% Fruit Choices Milk %	<b>9</b> Domino's Pizza*% Leafy Green Salad w/ chickpeas Dragon Punch Fruit Choices Milk %	<b>10</b> WG Popcorn Chicken* or Sloppy Joe on a WG Bun* Baked Beans Smiley Fries Fruit Choices Milk%
<b>13</b> Cheeseburger on a WG Bun*% or Hot Dog on a WG Bun* Sweet Potato Tots Baked Beans Fruit Choices Milk %	<b>14</b>  <b>VALENTINE'S DAY</b> WG Chicken Nuggets* Steamed Broccoli Sugar Snap Peas Fruit Choices Milk % Valentine's Day Treat	<b>15</b> WG Pancakes ** w/ Sausage or Breakfast Sandwich *% <sup>^</sup> (egg, cheese & ham on an English Muffin) Wango Mango Juice Hash Brown Fruit Choices Milk %	<b>16</b> Romeo's Pizza *% Leafy Green Salad w/ chickpeas Dragon Punch Juice Fruit Choices Milk %	<b>17</b>  <b>Parent-Teacher Conferences</b>
<b>20</b> <b>NO SCHOOL</b>  <b>PRESIDENTS' DAY</b>	<b>21</b> WG Popcorn Chicken* Smiley Fries Seasoned Green Beans Fruit Choices Milk % WG Presidents' Day Cookies*^%	<b>22</b> <b>ASH WEDNESDAY</b> WG French Toast Sticks *% <sup>^</sup> w/ Sausage or WG PB&J Uncrustable*! Wango Mango Juice Hash Brown Fruit Choices Milk %	<b>23</b> Pizza Hut Pizza *% Leafy Green Salad w/ chickpeas Dragon Punch Juice Fruit Choices Milk %	<b>24</b> WG Chicken Quesadilla*% Sweet Corn Refried Beans w/cheese% Fruit Choices Milk %
<b>27</b> WG Chicken Patty on a WG Bun* or WG Mini Corn Dogs *^ Oven Baked Fries Baked Beans Fruit Choices Milk %	<b>28</b> WG French Bread Pizza*% Steamed Carrots Seasoned Green Beans Fruit Choices Milk%	<b>March 1</b> <b>OHIO BECAME A STATE - 1803</b> WG Macaroni & Cheese*% or WG Mini Corn Dogs* Steamed Broccoli, Wango Mango Juice, Fruit Choices Milk % States & Capitals Cookies*	<b>March 2</b> <b>Dr. Seuss' Birthday</b> Domino's Pizza *% Leafy Green Salad w/ chickpeas Dragon Punch Juice Fruit Choices Milk %  <b>Happy Birthday Dr. Seuss</b> <b>PRIZE WITH LUNCH!</b>	<b>March 3</b> Soft Beef Taco* or Toasted Cheese Sandwich*% Refried Beans w/cheese% Sweet Corn Fruit Choices Milk %
<i>Lunch price of \$3.35 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide	Nord has a la carte options for students to purchase during lunch time. All extras comply with the <b>Federal Smart Snack Guidelines.</b>  <i>Please visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to add money to your child's account, &amp; to complete the Free &amp; Reduced App.</i>	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.	<i>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</i>

This institution is an equal opportunity provider

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

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