




GO AMHERST COMETS!

Nord Middle School March 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch price of \$3.00 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk.</p> <p>Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<p>March is National Nutrition Month!</p> <p>Go to www.choosemyplate.gov for fun activities, and tools for a healthy lifestyle.</p>	<p>ALLERGENS:</p> <p>* = gluten ^ = egg % = dairy ! = peanut</p> <p>These are ONLY a guide</p>	<p>DR. SEUSS' BIRTHDAY</p> <p>WG Zoo Chicken Nuggets*^ or Meatball Dunkers w/breadstick* Sweet Corn Green Beans Shape Up Frozen Treat Animal Crackers Milk%</p> <p>PRIZE WITH LUNCH!</p>
<p>4</p> <p>WG Chicken Nuggets* or WG Mini Corn Dog*^ Baked Potato Smiles Carrot Coins Fruit Choices Milk %</p>	<p>5</p> <p>Fiestada *% or Beefy Cheesy Nachos % Sweet Corn Refried Beans Fruit Choices Milk %</p>	<p>6</p> <p>ASH WEDNESDAY</p> <p>WG Chicken Tenders * or French Toast Sticks *%^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>7</p> <p>WG Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch Fruit Choices Milk %</p>	<p>8</p> <p>WG Popcorn Chicken* or WG Fish Sticks* Leafy Green Salad w/chick peas Fruit Choices Milk %</p>
<p>11</p> <p>WG Chicken Bites* or Hot Dog on a bun * Sweet Potato Tots Baked Beans Fruit Choices Milk %</p>	<p>12</p> <p>French bread Pizza*% or Mozzarella Sticks*% w/ Marinara Seasoned Broccoli Green & Red Peppers w/Ranch%^ Fruit Choices Milk %</p>	<p>13</p> <p>Crispitos* w/cheese or Soft Beef Taco* w/lettuce, tomato & cheese Refried Beans Sweet Corn Fruit Choices Milk</p>	<p>14</p> <p>WG Pizza Hut Pizza*% Carrots & Broccoli w/hummus Fruit Choices Milk %</p> 	<p>15</p> <p>Cheeseburger on a Bun*% or Fish Sandwich on a Bun* Oven Baked Fries Fruit Choices Milk</p> 
<p>18</p> <p>Shamrock Chicken Nuggets*^ or WG Corn Dog* Baked Potato Smiles Carrots & Cucumbers w/Ranch%^ Shape Up Frozen Treat Shamrock Cookie*^ Milk %</p>	<p>19</p> <p>WG Macaroni & Cheese*% or WG Stuffed Ravioli* Seasoned Broccoli Dragon Punch Fruit Choices WG Food & Nutrition Cookies Milk %</p>	<p>20</p> <p>WG Chicken & Waffle French Toast Sticks w/sausage links or Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>21</p> <p>WG Pizza Hut Pizza*% Green, Yellow, Red & Orange Peppers w/Ranch%^ Fruit Choices Milk %</p>	<p>22</p> <p>Chicken Patty on a bun * or Toasted Cheese Sandwich *%^ Green Beans Oven Baked Fries Fruit Choices Milk %</p> 
<p>25</p> <p>SPRING BREAK</p>	<p>26</p> <p>SPRING BREAK</p>	<p>27</p> <p>SPRING BREAK</p>	<p>28</p> <p>SPRING BREAK</p>	<p>29</p> <p>SPRING BREAK</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:

deanne_pastva@amherstk12.org

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