



GO AMHERST COMETS!

Powers Elementary School March 2019 Lunch Menu

Menu subject to change
WEDNESDAY

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! Go to www.choosemyplate.gov for fun activities, and tools for a healthy lifestyle.</p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i></p>	<p>DR. SEUSS' BIRTHDAY WG Zoo Chicken Nuggets*^ or Cheese Pizza "Fishables"*** Baby Carrots & Broccoli w/hummus Shape Up Frozen Treat Animal Crackers* Milk PRIZE WITH LUNCH!</p>
<p>4</p> <p>WG Chicken Tenders* or Uncrustable (PB&J)*! Sweet Potato Tots Cauliflower & Broccoli w/Ranch Dip%^ Fruit Choices Milk</p>	<p>5</p> <p>Rotini* w/meatsauce or Chicken Patty on a bun* Green Beans Edamame Fruit Choice Milk</p>	<p>6</p> <p>ASH WEDNESDAY Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Mexican Beans Fruit Choices Milk</p>	<p>7</p> <p>WG Pizza Hut Pizza*% Leafy Green Salad Dragon Punch Fruit Crisp Fruit Choices</p>	<p>8</p> <p>Fish Sandwich on a Bun* or WG Chicken Nuggets* Tater Tots Baked Beans Fruit Choices Milk</p> 
<p>11</p> <p>Cheeseburger on a bun *% or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %</p>	<p>12</p> <p>WG Chicken Tenders * or Fish Sticks * Baby Carrots w/Ranch Mashed Potatoes % Fruit Choice Milk %</p>	<p>13</p> <p>"MINI DAY" Mini Corn Dogs *^ or Mini Quesadillas *% Comet Star Fries Dragon Punch Fruit Choices Milk %</p>	<p>14</p> <p>WG Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p>15</p> <p>Toasted Cheese Sandwich *%^ or WG Chicken Nuggets * Celery Sticks, Green & Red Peppers w/Ranch %^ Fruit Choices Milk %</p>
<p>18</p> <p>Shamrock Chicken Nuggets*^ or WG Corn Dog* Celery Sticks w/Ranch Dip%^ Tater Tots Shape Up Frozen Treat Shamrock Soft Pretzel* Milk %</p>	<p>19</p> <p>WG Chicken Tenders * or Turkey and Gravy *%^ Edamame Mashed Potatoes % WG Food & Nutrition Cookies Fruit Choices Milk %</p>	<p>20</p> <p>Fiestada *% or Soft Tacos*% w/lettuce & cheese Sweet Corn Refried Mexican Beans Fruit Choices Milk %</p>	<p>21</p> <p>WG Pizza Hut Pizza *% Leafy Green Salad Dragon Punch Fruit Choices Milk %</p> 	<p>22</p> <p>WG Fish Sticks* or WG Popcorn Chicken* Comet Fries Seasoned Broccoli WG States & Capitals Cookies* 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:

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