


GO AMHERST COMETS!

Nord Middle School May 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The last day to borrow money is FRIDAY, MAY 3rd.</p> <p>Each student must have money on their account, or have money to hand the cashier.</p>	<p><i>Lunch price of \$3.00 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk.</i></p> <p><i>Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p>1</p> <p>WG Chicken Tenders * or French Toast Sticks **^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>2</p> <p>WG Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch Fruit Cocktail Milk %</p>	<p>3</p> <p>LAST DAY TO BORROW MONEY</p> <p>WG Popcorn Chicken * or Taco Wedges **% Leafy Green Salad Seasoned Broccoli Fruit Choices Milk %</p>
<p>6</p> <p>WG Chicken Bites* or Cheeseburger Sliders*% Sweet Potato Tots Baked Beans Fruit Choices Milk %</p>	<p>7</p> <p>French Bread Pizza*% or Mozzarella Sticks*% w/ Marinara Seasoned Broccoli Green & Red Peppers w/Ranch%^ Fruit Choices Milk %</p>	<p>8</p> <p>Crispitos* w/cheese% or Soft Beef Tacos* w/lettuce, tomato & cheese% Refried Beans Sweet Corn Fruit Choices Milk %</p>	<p>9</p> <p>WG Pizza Hut Pizza*% Carrots & Broccoli w/hummus Diced Pears Milk %</p>	<p>10</p> <p>WG Chicken Nuggets* or Toasted Cheese Sandwich **% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>
<p>13</p> <p>WG Chicken Tenders* WG Corn Dog* or Baked Potato Smiles Carrots & Broccoli w/Ranch Dip* Fruit Choices Milk %</p>	<p>14</p> <p>BBQ Rib Sandwich * or WG Macaroni & Cheese*% Seasoned Broccoli Dragon Punch Fruit Choices WG Food & Nutrition Cookies Milk %</p>	<p>15</p> <p>WG Chicken & Waffle* or French Toast Sticks**^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>16</p> <p>WG Pizza Hut Pizza*% Green, Yellow, Red & Orange Peppers w/Ranch%^ Diced Peaches Milk %</p>	<p>17</p> <p>Cheeseburger on a bun **% Lettuce, Tomato & Pickles or Maxi Cheese Sticks **^ w/marinara Oven Baked Fries, Baked Beans, Fruit Choices Milk</p>
<p>20</p> <p>Pillsbury Waffles **%^ w/sausage links or WG Chicken Tenders* Wango Mango Juice Hash Brown Shape Up Frozen Treat Milk %</p>	<p>21</p> <p>WG Chicken Nuggets* or Cheeseburger Sliders*% Baked Beans Oven Baked Fries Fruit Choices Milk %</p>	<p>22</p> <p>Chicken Patty on a bun* or Hot Dog on a bun* Leafy Green Salad Seasoned Green Beans Fruit Choices Milk %</p>	<p>23</p> <p>WG Pizza Hut Pizza *% Baby Carrots, Celery & Pepper Strips w/Ranch Fresh Fruit Milk %</p>	<p>24</p> <p>FIELD DAY</p> <p>Walking Taco (tortilla chips, beef) w/lettuce & cheese cup% Refried Beans w/cheese % Sweet Corn Fruit Choices Milk %</p>
	<p>28</p> <p>Chef's Choice Vegetable Choices Fruit Choices Milk %</p>	<p>29</p> <p>LAST DAY OF SCHOOL</p> <p>Chef's Choice Vegetable Choices Fruit Choices Milk %</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<p>ALLERGENS:</p> <p>* = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</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
 Menu subject to change based upon food availability