



**GO AMHERST COMETS!**

**Powers Elementary School May 2019 Lunch Menu**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b></p>		<p><b>ALLERGENS:</b>                      * = <i>gluten</i>                      ^ = <i>egg</i>                      % = <i>dairy</i>                      ! = <i>peanut</i>  <i>These are ONLY a guide</i></p>		<p><b>1</b>                      Pillsbury Waffles *%<sup>^</sup>                      Sausage Links                      or WG Chicken Nuggets *                      Wango Mango Juice                      Hash Brown                      Fruit Choices                      Milk %</p>		<p><b>2</b>                      WG Pizza Hut Pizza *%                      Leafy Green Salad                      Fruit Crisp                      Fruit Choices                      Milk %</p>		<p><b>3</b>                      Toasted Cheese Sandwich*% or                      Hot Dog on a Bun                      Baked Beans                      Tater Tots                      Fruit Choices                      Milk</p>	
<p><b>6</b>                      Rotini* w/meatsauce or                      Chicken Patty on a bun*                      Green Beans                      Edamame                      Fruit Choice                      Milk</p>		<p><b>7</b>                      WG French Bread Pizza*<sup>^</sup>% or                      Maxi Cheesy Breadsticks                      w/marinara                      Curly Fries                      Wango Mango Juice                      Shape Up Frozen Treat                      Milk</p>		<p><b>8</b>                      Beefy Cheesy Nachos%                      or Fiestada*%                      Sweet Corn                      Refried Mexican Beans                      Fruit Choices                      Milk                      Milk</p>		<p><b>9</b>                      WG Pizza Hut Pizza*%                      Leafy Green Salad                      Dragon Punch                      Fruit Crisp                      Fruit Choices</p>		<p><b>10</b>                      Sloppy Joe on a Bun *                      or WG Chicken Nuggets*                      Tater Tots                      Baked Beans                      Fruit Choices                      Milk</p>	
<p><b>13</b>                      Cheeseburger on a bun *%                      or WG Popcorn Chicken *                      Sweet Potato Fries                      Baked Beans                      Fruit Choices                      Milk %</p>		<p><b>14</b>                      WG Chicken Tenders *                      or Fish Sticks *                      Baby Carrots w/Ranch                      Mashed Potatoes %                      Fruit Choice                      Milk %</p>		<p><b>15</b>                      "MINI DAY"                      Mini Corn Dogs *<sup>^</sup>                      or Mini Quesadillas *%                      Comet Star Fries                      Dragon Punch                      Fruit Choices                      Milk %</p>		<p><b>16</b>                      FIELD DAY                      WG Pizza Hut Pizza *%                      Leafy Green Salad                      w/chick peas                      Fruit Choices                      Milk %</p>		<p><b>17</b>                      French Toast Sticks*<sup>^</sup>                      w/sausage or                      Assorted WG Chicken*<sup>^</sup>                      Wango Mango Juice                      Hash Brown                      Fruit Choices                      Milk</p>	
<p><b>20</b>                      Mozzarella Sticks *%                      w/Marinara sauce or                      Uncrustable (PB&amp;J)*!                      Carrots &amp; Celery w/hummus                      Fruit Choices                      Milk</p>		<p><b>21</b>                      WG Macaroni &amp; Cheese                      w/breadstick *% or                      Asian Orange Chicken &amp; Rice *                      w/Fortune Cookie*                      Steamed Broccoli, Dragon                      Punch, Fruit Choices                      Milk %</p>		<p><b>22</b>                      Fiestada *%                      or Soft Tacos*%                      w/lettuce &amp; cheese                      Sweet Corn                      Refried Mexican Beans                      Fruit Choices                      Milk %</p>		<p><b>23</b>                      WG Pizza Hut Pizza *%                      Leafy Green Salad                      Dragon Punch                      Fruit Choices                      Milk %</p>		<p><b>24</b>                      Grape Uncrustables (PB&amp;J) !*                      or Double Stuffed Crust Pizza*%                      Baby Carrots &amp; Celery                      w/hummus                      Shape Up Frozen Treat                      WG States &amp; Capitals Cookies                      Milk %</p>	
		<p><b>28</b>                      Hot Dogs                      Vegetable Choices                      Fruit Choices                      Milk</p>		<p><b>29</b>                      LAST DAY OF SCHOOL                      Chicken Nuggets                      Vegetable Choices                      Fruit Choices                      Milk</p>				<p><i>Lunch price of \$3.00 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk.                      Students must choose 3-5 components, one being a fruit or vegetable.</i></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