


GO AMHERST COMETS!

Nord Middle School January 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. Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p>1</p> <p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>	<p>2</p> 	<p>3</p> <p>WG Pizza Hut Pizza*% Seasoned Broccoli Dragon Punch Fruit Choices Milk %</p>	<p>4</p> <p>WG Chicken Bites * or Toasted Cheese Sandwich *%[^] Celery Sticks w/Ranch Dip% Tater Tots Fruit Choices Milk %</p>
<p>7</p> <p>WG Chicken Nuggets* or WG Corn Dog*[^] Baked Potato Smiles Carrots & Broccoli w/Ranch Dip Fruit Choices  Milk %</p>	<p>8</p> <p>Fiestada *% or Beefy Cheesy Nachos % Sweet Corn Refried Mexican Beans Fruit Choices Milk %</p>	<p>9</p> <p>WG Chicken Tenders * or French Toast Sticks *%[^] Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>10</p> <p>WG Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch Fresh Fruit Milk %</p>	<p>11</p> <p>WG Popcorn Chicken* or Cheeseburger on a Bun *% Oven Baked Fries Baked Beans Fruit Choices Milk %</p>
<p>14</p> <p>WG Chicken Bites* or Hot Dog on a bun * Sweet Potato Tots Baked Beans Fruit Choices Milk</p>	<p>15</p> <p>French bread Pizza*% or Mozzarella Sticks*% w/ Marinara Steamed Broccoli Green & Red Peppers w/Ranch Fruit Choices Milk %</p>	<p>16</p> <p>Crispitos*%[^] or  Soft Beef Taco* w/ lettuce, tomato, & cheese*% Refried Beans Fiesta Corn Fruit Choices Milk%</p>	<p>17</p> <p>WG Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch Fresh Fruit Milk %</p>	<p>18</p> <p>Meatball Dunkers w/roll*% or Chicken Patty on a Bun* Leafy Green Salad Dragon Punch Fruit Choices Milk %</p>
<p>NO SCHOOL 21</p> 	<p>*** NEW *** 22</p> <p>TexMex Mac & Cheese*% or WG Stuffed Ravioli *%[^] Breadstick *% Carrots & Broccoli w/hummus Sidekick Smoothie Fruit Choices Milk %</p>	<p>23</p> <p>WG Chicken & Waffle*[^] or French Toast Sticks*%[^] w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>24</p> <p>WG Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch Fresh Fruit Milk%</p>	<p>25</p> <p>WG Popcorn Chicken* or Uncrustables (PB&J) !* Smiley Fries Celery Sticks w/Ranch Dip% WG Food & Nutrition Cookies*% Fruit Choices Milk %</p>
<p>28</p> <p>WG Chicken Nuggets* or Cheeseburger on a Bun *% Baked Beans Oven Baked French Fries Fruit Choices Milk %</p>	<p>29</p> <p>Chicken Patty on a WG bun* or Rotini w/ meatsauce * Seasoned Green Beans Fruit Choices Milk %</p> 	<p>30</p> <p>WG Chicken Nuggets* or WG Mini Corn Dogs *[^] Brussel Sprouts Sweet Corn Fruit Choices Milk %</p>	<p>31</p> <p>WG Pizza Hut Pizza *% Baby Carrots, Celery & Pepper Strips w/Ranch Fresh Fruit Milk %</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</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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