








GO AMHERST COMETS!

Powers Elementary December 2018 Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
EVERY DAY WE OFFER AN ALTERNATE LUNCH:				<p><i>Menu subject to change</i></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>					
Yogurt & String Cheese									
WG Grain Equivalent									
Fruit									
Vegetable									
Milk									
3		4		5		6		7	
Toasted Cheese Sandwich or WG Chicken Nuggets		WG Chicken Tenders or Fish Sticks		Pillsbury Waffles		WG Pizza Hut Pizza		Grape Uncrustables (PB&J) or Double Stuffed Crust Pizza	
Celery Sticks w/Ranch Dip		Baked Beans		Sausage Links or WG Chicken Nuggets		Leafy Green Salad		Baby Carrots & Broccoli	
Tater Tots		Mashed Potatoes		Wango Mango Juice		Fruit Crisp		w/hummus	
Fruit Choices		Fruit Choice		Hash Brown		Fruit Choices		Dragon Punch	
Milk		Milk		Fruit Choices		Milk		Fruit Choices	
				Milk				Milk 	
10		11		12		13		14	
Chicken Patty on a bun or WG Quesadillas		WG French Bread Pizza or Pasta w/meatsauce		"MINI DAY"		WG Pizza Hut Pizza		Hot Dog on a Bun or Sloppy Joes	
Baby Carrots & Celery w/hummus		Leafy Green Salad		Mini Corn Dogs or Mini Cheeseburger Sliders		Leafy Green Salad		Tater Tots	
Smiley Fries 		Shape Up Frozen Treat		Comet Star Fries		Jell-O/Topping		Baked Beans	
Fruit		Fruit Choices		Dragon Punch		Fruit Choices		Fruit	
Milk		Milk		Fruit Choices		Milk		Milk	
				Milk					
17		18		19		20		21	
WG Holiday Chicken Nuggets		WG Macaroni & Cheese w/breadstick or		French Toast Sticks		WG Pizza Hut Pizza		Cheeseburger on a Bun or WG Corn Dogs	
Comet Star Fries		Asian Orange Chicken & Rice w/Fortune Cookie		Sausage Links or WG Chicken Tenders		Leafy Green Salad		Sweet Potato Fries	
Baked Beans		Steamed Broccoli, Dragon Punch, Fruit Choices		Wango Mango Juice		Fruit Crisp		Baked Beans	
Fruit Choices		Milk		Hash Brown		Fruit Choices		Fruit Choices	
Gingerbread Cookie				Fruit Choices		Milk		Milk	
Milk				Milk					
				Happy Holidays!					
<p>This institution is an equal opportunity provider and employer</p> <p>Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:</p> <p>deanne_pastva@amherstk12.org</p>									