



GO AMHERST COMETS!		Powers Elementary November 2018 Lunch Menu		
		Menu subject to change		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Lunch price of \$3.00 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk.</i>			
EVERY DAY WE OFFER AN ALTERNATE LUNCH: Yogurt & String Cheese WG Grain Equivalent Fruit Vegetable Milk	<i>Students must choose 3-5 components, one being a fruit or vegetable.</i>			
			1	2
			WG Pizza Hut Pizza Leafy Green Salad Fruit Choices Milk	Chili Dog on a bun or Uncrustable (PB&J) Baby Carrots & Celery w/hummus Fruit Choices Milk
5	6	7	8	9
WG Chicken Tenders or Uncrustable (PB&J) Sweet Potato Tots Cauliflower & Broccoli w/Ranch Dip Fruit Choices Milk	Rotini w/meatsauce or Chicken Patty on a bun Green Beans Edamame Fruit Choice Milk 	Beefy Cheesy Nachos or Fiestada Sweet Corn Refried Mexican Beans Fruit Choices Milk	WG Pizza Hut Pizza Leafy Green Salad Fruit Crisp Fruit Choices	NO SCHOOL 
12	13	14	15	16
Toasted Cheese Sandwich or WG Chicken Nuggets Celery Sticks w/Ranch Dip Tater Tots Fruit Choices Milk	THANKSGIVING LUNCH Turkey & Gravy or WG Chicken Nuggets Mashed Potatoes Sweet Corn, Fruit Choices Milk Holiday Cookie	Pillsbury Waffles Sausage Links or WG Chicken Nuggets Wango Mango Juice Hash Brown Fruit Choices Milk	WG Pizza Hut Pizza Leafy Green Salad Fruit Choices Pudding Cup Milk	WG Chicken Nuggets or Mozzarella Sticks w/marinara WG Fun & Fitness Cookies Fruit Choices Milk
19	20			
WG Chicken Drumstick or WG Corn Dog Comet Star Fries Baked Beans Fruit Choices Soft Pretzel Milk	WG French Bread Pizza or Pasta w/meatsauce Leafy Green Salad Cookie Fruit Choices Milk			
26	27	28	29	30
Cheeseburger on a Bun or WG Mini Corn Dogs Sweet Potato Tots Baby Carrots & Broccoli w/Ranch Dip Fruit Choices Milk	WG Macaroni & Cheese w/breadstick or Asian Orange Chicken & Rice w/Fortune Cookie Steamed Broccoli, Dragon Punch, Fruit Choices Milk	French Toast Sticks Sausage Links or WG Chicken Tenders Wango Mango Juice Hash Brown Fruit Choices Milk	WG Pizza Hut Pizza Leafy Green Salad w/chick peas Shape Up Frozen Treat Milk	WG Chicken Nuggets or WG Fish Sticks Baked Beans Tater Tots WG Fun & Fitness Cookies Fruit Choices Milk
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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