





**GO AMHERST COMETS!**

**Nord Middle School February 2019 Lunch Menu**

Menu subject to change  
WEDNESDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>	<p><b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b></p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are <i>ONLY</i> a guide</p>		<p>1 Super Bowl Chicken Nuggets <sup>**</sup> or Toasted Cheese Sandwich <sup>**</sup>^ Celery Sticks w/Ranch Dip% Tater Tots, Fruit Choices Shape Up Frozen Treat Milk</p>
<p>4 WG Chicken Nuggets* or WG Corn Dog<sup>^</sup> Baked Potato Smiles Carrot Coins Fruit Choices Milk %</p>	<p>5 Fiestada <sup>**</sup>% or Beefy Cheesy Nachos % Sweet Corn Refried Beans Fruit Choices Milk %</p>	<p>6 WG Chicken Tenders * or French Toast Sticks <sup>**</sup>^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>7 WG Pizza Hut Pizza<sup>**</sup>% Baby Carrots, Celery &amp; Pepper Strips w/Ranch Dragon Punch Fruit Choices Milk %</p>	<p>8 WG Popcorn Chicken* or Cheeseburger on a Bun <sup>**</sup>% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>
<p>11 WG Chicken Bites* or Hot Dog on a bun * Sweet Potato Tots Baked Beans Fruit Choices Milk %</p>	<p>12 French bread Pizza<sup>**</sup>% or Mozzarella Sticks<sup>**</sup>% w/ Marinara Seasoned Broccoli Green &amp; Red Peppers w/Ranch Fruit Choices Milk %</p>	<p>13 WG Pizza Hut Pizza<sup>**</sup>% Baby Carrots &amp; Celery Dragon Punch Fruit Choices Brownie Milk %</p>	<p><b>VALENTINE'S DAY</b> 14 Heart-Shaped Chicken Nuggets <sup>**</sup>^ or Uncrustables (PB&amp;J) !* Sweet Corn Oven Baked Fries  Heart-Shaped Cookie<sup>**</sup>^ Milk %</p>	<p>15 <b>NO SCHOOL</b> </p>
<p><b>NO SCHOOL</b> 18 <b>President's Day</b> </p>	<p>19 WG Mac &amp; Cheese<sup>**</sup>% or WG Stuffed Ravioli <sup>**</sup>^ Breadstick <sup>**</sup>% Steamed Broccoli Sidekick Smoothie Fruit Choices Milk %</p>	<p>20 WG Chicken &amp; Waffle<sup>**</sup>^ or French Toast Sticks<sup>**</sup>^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>21 WG Pizza Hut Pizza<sup>**</sup>% Celery &amp; Pepper Strips w/Ranch Dragon Punch Fruit Choices Milk %</p>	<p>22 WG Popcorn Chicken* or Uncrustables (PB&amp;J) !* Leafy Green Salad w/chick peas WG Presidents Cookies Fruit Choices Milk %</p>
<p><b>*** NEW ***</b> 25 WG Chicken Nuggets* or <b>Cheeseburger Sliders<sup>**</sup></b>% Baked Beans Oven Baked French Fries Fruit Choices  Milk %</p>	<p>26 Chicken Patty on a WG bun* or Rotini w/ meatsauce * Seasoned Green Beans Fruit Choices Milk %</p>	<p><b>*** NEW ***</b> 27 <b>Walking Taco</b> (tortilla chips, beef) w/lettuce &amp; cheese cup% Refried Beans Sweet Corn Fruit Choices Milk %</p>	<p>28 WG Pizza Hut Pizza <sup>**</sup>% Baby Carrots, Celery &amp; Pepper Strips w/Ranch Dragon Punch Fruit Choices Milk %</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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