




GO AMHERST COMETS!

Powers Elementary February 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	THIS MENU IS NOT DONE	ALLERGENS: * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> <i>These are ONLY a guide</i>		1 Super Bowl Chicken Nuggets*^ or Mozzarella Sticks *% w/marinara Baked Beans Smiley Fries Fruit Choices Milk %
4 Cheeseburger on a bun *% or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %	5 WG Chicken Tenders * or Fish Sticks * Baby Carrots w/Ranch Mashed Potatoes % Fruit Choice Milk %	6 "MINI DAY" Mini Corn Dogs *^ or Mini Quesadillas *% Comet Star Fries Dragon Punch Fruit Choices Milk %	7 WG Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	8 Toasted Cheese Sandwich *%^ or WG Chicken Nuggets * Celery Sticks, Green & Red Peppers w/Ranch Fruit Choices Milk %
11 WG Chicken Patty on a bun * or WG Chicken Quesadillas *% Smiley Fries Carrot Coins Fruit Choices Milk %	12 Rotini w/meatsauce* or WG French Bread Pizza *% Seasoned Green Beans Sidekick Slushie Fruit Choices Milk %	13 WG Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk	14 VALENTINE'S DAY Heart Shaped Chicken Nuggets*^ or Uncrustables (PB&J)*! Baked Beans Smiley Fries Shape Up Frozen Treat Soft Pretzel* Milk	15 NO SCHOOL 
18 NO SCHOOL President's Day 	19 WG Macaroni & Cheese w/breadstick *% or Asian Orange Chicken & Rice * w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %	20 French Toast Sticks *% [^] Sausage Links or WG Chicken Tenders * Wango Mango Juice Hash Brown Fruit Choices Milk %	21 WG Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	22 Grape Uncrustables (PB&J) !* or Double Stuffed Crust Pizza*% Baby Carrots & Celery w/hummus Fruit Choice Soft Pretzel * Milk %
25 Cheeseburger on a Bun *% or WG Corn Dogs *% [^] Baked Beans Tater Tots Fruit Choices Milk % 	26 WG Chicken Tenders * or Turkey and Gravy *% [^] Edamame Mashed Potatoes % Soft Pretzel * Milk %	27 Pillsbury Waffles *% [^] Sausage Links or WG Chicken Nuggets * Wango Mango Juice Hash Brown Fruit Choices Milk %	28 WG Pizza Hut Pizza *% Leafy Green Salad Fruit Crisp Fruit Choices Milk %	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH



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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