



GO AMHERST COMETS!

Powers Elementary August 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<p>Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>	1	2
5	6	7	8	9
12	13	14	15	16
<p>20</p> 	21	<p>"MINI DAY" Mini Corn Dogs *^ or Mini Quesadillas *% Comet Star Fries Dragon Punch Fruit Choices Milk %</p>	22	23
26	27	28	29	30
<p>Mozzarella Sticks *% w/Marinara sauce or Uncrustable (PB&J)*! Carrots & Celery w/hummus Fruit Choices Milk %</p>	<p>WG Macaroni & Cheese*% w/breadstick * or Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %</p>	<p>Fiestada *% or Soft Tacos* w/lettuce & cheese% Sweet Corn Refried Mexican Beans Fruit Choices Milk %</p>	<p>Domino's Pizza *% Leafy Green Salad Dragon Punch Fruit Choices Milk %</p> 	<p>French Toast Sticks*^ w/sausage or WG Chicken Nuggets* Wango Mango Juice Hash Brown Fruit Choices Milk %</p> <p>Uncrustable (PB&J)*! or Double Stuffed Crust Pizza*% Baby Carrots & Celery w/Ranch%^ Fruit Choices WG States & Capitals Cookies* 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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