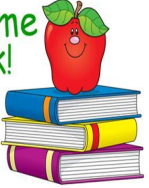




GO AMHERST COMETS!

Nord Middle School 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>Welcome Back!</p>  | 20 | 21 | 22 | 23 |
| <p>Buttermilk Waffles *% w/sausage links or WG Chicken Tenders* Wango Mango Juice Hash Brown Fruit Choices Milk %</p> | <p>WG Chicken Nuggets* or Cheeseburger Sliders*% Baked Beans Crinkle Cut Fries Fruit Choices Milk %</p> | <p>WG Chicken & Waffle*% or French Toast Sticks*^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p> | <p>Domino's Pizza *% Green, Yellow, Red & Orange Peppers w/Ranch%^ Diced Peaches Milk %</p>  | <p>Cheeseburger on a bun *% Lettuce, Tomato & Pickles or Maxi Cheese Sticks *% w/marinara Curly Fries, Baked Beans Fruit Choices Milk %</p> |
| 26 | 27 | 28 | 29 | 30 |
| <p>Buttermilk Waffles *% w/sausage links or WG Chicken Tenders* Wango Mango Juice Hash Brown Fruit Choices Milk %</p> | <p>WG Chicken Nuggets* or Cheeseburger Sliders*% Baked Beans Crinkle Cut Fries Fruit Choices Milk %</p> | <p>Chicken Patty on a bun* or Hot Dog on a bun* Leafy Green Salad Seasoned Green Beans Fruit Choices Milk %</p> | <p>Pizza Hut Pizza *% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Diced Pears Milk %</p>  | <p>Walking Taco (tortilla chips, beef) w/lettuce & cheese cup% Refried Beans w/cheese % Sweet Corn 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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