









# GO AMHERST COMETS!

# Powers Elementary September 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>NO SCHOOL</b> 2 	3 WG Popcorn Chicken * or Turkey and Gravy * Edamame Mashed Potatoes % Dinner Roll* Milk %	4 Buttermilk Waffles *% Sausage Links or WG Chicken Nuggets * Wango Mango Juice Hash Brown Fruit Choices Milk %	5 Pizza Hut Pizza *% Leafy Green Salad Fruit Crisp Fruit Choices Milk % 	6 Toasted Cheese Sandwich*% or Hot Dog on a Bun * Baked Beans Curly Fries Fruit Choices Milk %	<b>EVERY DAY WE OFFER AN ALTERNATE LUNCH:                      Yogurt &amp; String Cheese                      WG Grain Equivalent                      Fruit                      Vegetable                      Milk</b>
9 Rotini* w/meatsauce or Chicken Patty on a bun* Green Beans, Edamame SideKick Smoothie Fruit Choices Milk % 	10 WG Chicken Tenders*^ or Uncrustable (PB&J)! Sweet Potato Tots Cauliflower & Broccoli w/Ranch%^ Fruit Choices Milk %	11 Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Mexican Beans Fruit Choices Milk %	12 Domino's Pizza *% Leafy Green Salad Dragon Punch Fruit Choices Milk % 	13 Fish Sandwich on a Bun* or WG Chicken Nuggets* Tater Tots Baked Beans Fruit Choices Milk %	<i>Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>
16 WG Macaroni & Cheese*% w/breadstick * or Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %	17 Cheeseburger on a bun *% or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %	18 <b>"MINI DAY"</b> Mini Corn Dogs ** or Mini Quesadillas *% Comet Star Fries Dragon Punch Fruit Choices Milk %	19 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Dragon Punch Fruit Choices Milk % 	20 WG Quesadilla*% or WG Chicken & Waffles *% Fresh Veggies w/Ranch% Seasoned Broccoli Fruit Choices Milk %	<b>ALLERGENS:</b> * = <b>gluten</b> ^ = <b>egg</b> % = <b>dairy</b> ! = <b>peanut</b> <i>These are ONLY a guide</i>
23 Mozzarella Sticks *% w/Marinara sauce or Uncrustable (PB&J)! Carrots, Celery & Peppers Fruit Choices Milk %	24 WG Popcorn Chicken * or Turkey and Gravy * Seasoned Green Beans Mashed Potatoes % Dinner Roll*, Fruit Choices SideKick Smoothie Milk %	25 Fiestada *% or Soft Tacos*% w/lettuce & cheese% Sweet Corn Refried Mexican Beans Fruit Choices Milk %	26 Domino's Pizza *% Leafy Green Salad Dragon Punch Fruit Choices Milk % 	27 Grape Uncrustables (PB&J) !* or Double Stuffed Crust Pizza*% Baby Carrots & Celery w/hummus Fruit Choice WG Bug Bites Cookies* Milk % 	
30 Cheeseburger on a Bun*% or WG Corn Dogs* Baked Beans Tater Tots Fruit Choices Milk %	<b>October 1</b> WG French Bread Pizza *% or Rotini & Meatsauce* Steamed Broccoli Baby Carrots w/ Ranch%^ Fruit Choices Milk %	<b>October 2</b> Buttermilk Waffles *% Sausage Links or WG Chicken Nuggets * Wango Mango Juice Hash Brown Fruit Choices Milk %	<b>October 3</b> Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk % 	<b>NATIONAL TACO DAY Oct 4</b> Soft Beef Tacos* w/lettuce & cheese% or WG Chicken Nuggets* Refried Beans Sweet Corn 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: deannepastva@amherstk12.org