










# GO AMHERST COMETS!

# Nord Middle School September 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>NO SCHOOL</b> 2</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 w/chick peas Fruit Choices Milk %</p>	<p>Domino's Pizza *% Baby Carrots, Celery &amp; Pepper Strips w/Ranch% Fruit Cocktail Milk %</p> 	<p>Walking Taco (tortilla chips, beef) w/lettuce &amp; cheese % Refried Beans w/cheese % Sweet Corn Fruit Choices Milk %</p>	<p><b>EVERY DAY WE OFFER AN ALTERNATE LUNCH:</b> Yogurt &amp; String Cheese WG Grain Equivalent Fruit Vegetable Milk</p>
<p>WG Chicken Tenders* or WG Corn Dog* Baked Potato Smiles Carrots &amp; Broccoli w/Ranch %^ Fruit Choices Milk %</p>	<p>BBQ Rib Sandwich * or WG Macaroni &amp; Cheese*% Seasoned Broccoli Dragon Punch Fruit Choices WG Food &amp; Nutrition Cookies* Milk %</p>	<p>WG Chicken &amp; Waffle* or French Toast Sticks*^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>Pizza Hut Pizza*% Green, Yellow, Red &amp; Orange Peppers w/Ranch%^ Diced Peaches Milk %</p> 	<p>Cheeseburger on a bun *% Lettuce, Tomato &amp; Pickles or Maxi Cheese Sticks *% w/marinara Curly Fries, Baked Beans Fruit Choices Milk%</p>	<p><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></p>
<p>WG Chicken Bites* or Cheeseburger Sliders*% Sweet Potato Tots Baked Beans Fruit Choices Milk %</p>	<p>French Bread Pizza*% or Mozzarella Sticks*% w/ Marinara Seasoned Broccoli Green &amp; Red Peppers w/Ranch%^ Fruit Choices Milk %</p>	<p>Crispitos* w/cheese% or Soft Beef Tacos* w/lettuce, tomato &amp; cheese% Refried Beans w/cheese % Sweet Corn Fruit Choices Milk %</p>	<p>Domino's Pizza *% Carrots &amp; Broccoli w/hummus Diced Pears Milk %</p> 	<p>WG Chicken Nuggets* or Toasted Cheese Sandwich *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p><b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut <b>These are ONLY a guide</b></p>
<p>WG Chicken Bites* or WG Mini Corn Dogs* Baked Beans Curly Fries Fruit Choices Milk %</p> 	<p>Buttermilk Waffles *% w/ sausage links or WG Chicken Tenders* Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Beans w/cheese % Fruit Choices Milk %</p>	<p>Pizza Hut Pizza*% Baby Carrots, Celery &amp; Pepper Strips w/Ranch%^ Fruit Cocktail Milk %</p> 	<p>WG Popcorn Chicken * or Taco Wedges *% Leafy Green Salad Seasoned Broccoli Fruit Choices Milk %</p>	
<p>Cheeseburger on a bun*% Lettuce, Tomato &amp; Pickles or WG Chicken Nuggets* Baked Beans Tater Tots Fruit Choices Milk %</p>	<p><b>October 1</b> WG Chicken Nuggets* or WG Corn Dog* Seasoned Green Beans Fruit Choices Milk %</p>	<p><b>October 2</b> WG Popcorn Chicken * or Maxi Cheese Sticks *% w/marinara Sweet Corn Carrots &amp; Celery w/Ranch %^ Fruit Choices Milk %</p> 	<p><b>October 3</b> Domino's Pizza *% Fresh Veggies w/hummus Diced Peaches Milk %</p> 	<p><b>October 4</b> <b>NATIONAL TACO DAY</b> Soft Beef Tacos* w/lettuce, tomato &amp; cheese% or WG Chicken Nuggets* 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: [deannepastva@amherstk12.org](mailto:deannepastva@amherstk12.org)