






Powers Elementary October 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 WG French Bread Pizza *% or Rotini & Meatsauce* Steamed Broccoli Baby Carrots w/ Ranch%^ Fruit Choices Milk %	2 Buttermilk Waffles *% Sausage Links or WG Chicken Nuggets * Wango Mango Juice Hash Brown Fruit Choices Milk %	3 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	NATIONAL TACO DAY 4 Soft Beef Tacos* w/lettuce & cheese% or WG Chicken Nuggets* Refried Beans Sweet Corn Fruit Choices Milk%	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
7 Toasted Cheese Sandwich*% Hot Dog on a Bun * Baked Beans Curly Fries Fruit Choices Milk %	8 WG Popcorn Chicken * or Turkey and Gravy * Edamame Mashed Potatoes % Dinner Roll* Milk %	** NEW ** 9 French Toast Bites*%^ Sausage Links or WG Chicken Nuggets * Dragon Fruit Punch Hash Brown Fruit Choices Milk %	10 Domino's Pizza *% Leafy Green Salad Baby Carrots w/Ranch%^ Fruit Choices Milk %	NEOEA DAY 11 	<i>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.</i>
14	15	16	17	18	
NATIONAL SCHOOL LUNCH WEEK - WHAT'S ON YOUR PLAYLIST?					
Rotini* w/meatsauce or Chicken Patty on a bun* Green Beans, Edamame SideKick Smoothie Fruit Choices Milk % 	WG Chicken Tenders*^ or Uncrustable (PB&J)! Sweet Potato Tots Cauliflower & Broccoli w/Ranch%^ Fruit Choices 	Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Beans Fruit Choices Milk % 	Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk % 	Double Stuffed Crust Pizza*% or WG Chicken Nuggets* Tater Tots Baked Beans Fruit Choices Milk %	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>
21 WG Macaroni & Cheese*% w/breadstick * or Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %	22 Cheeseburger on a bun *% or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %	"MINI DAY" 23 *NEW* Mini Cheese Bites*% w/marinara sauce or Mini Corn Dogs *^ Comet Star Fries Seasoned Green Beans Fruit Choices Milk %	24 Domino's Pizza *% Leafy Green Salad Dragon Punch Fruit Choices Milk %	25 WG Quesadilla*% or WG Chicken & Waffles *% Fresh Veggies w/Ranch %^ or hummus Fruit Choices Milk %	
28 Cheeseburger on a Bun*% or WG Corn Dogs Sweet Potato Tots Baby Carrots & Broccoli w/Ranch%^ Fruit Choices Milk%	29 Meatball Dunkers w/breadstick* or "Fishable" Lunch* Fresh Veggies w/ Hummus Fruit choices Milk %	HALLOWEEN LUNCH 30 "Ghostly" Chicken Nuggets* "Scaredy Cat" Corn "Spooky" Shape Up Treat "Monster" Milk% "Cooky" Cookies*	HALLOWEEN 31 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	National School Lunch Week Show us your favorite School Lunches on Twitter! #NSLW19 #SchoolLunch #LunchPlaylist Tag @SNS_Amherst	

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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