




## Nord Middle October 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 WG Chicken Nuggets* or WG Corn Dog* Seasoned Green Beans Fruit Choices Milk %	2 WG Popcorn Chicken * or Maxi Cheese Sticks *% w/marinara sauce Sweet Corn Carrots & Celery w/Ranch %^ Fruit Choices Milk %	3 Domino's Pizza *% Fresh Veggies w/hummus Diced Peaches Milk %	4 <b>NATIONAL TACO DAY</b> Soft Beef Tacos* w/lettuce, tomato & cheese% or WG Chicken Nuggets* Refried Beans w/cheese % Sweet Corn Fruit Choices Milk%	<b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>
7 WG Chicken Tenders* or WG Corn Dog* Baked Potato Smiles Carrots & Broccoli w/Ranch %^ Fruit Choices Milk %	8 BBQ Rib Sandwich * or WG Macaroni & Cheese*% Seasoned Broccoli Dragon Punch Fruit Choices WG Food & Nutrition Cookies* Milk %	9 WG Chicken & Waffle* or French Toast Sticks*^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %	10 Pizza Hut Pizza*% Green, Yellow, Red & Orange Peppers w/Ranch%^ Applesauce Milk %	11 	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.
14	15	16	17	18	
<b>NATIONAL SCHOOL LUNCH WEEK - WHAT'S ON YOUR PLAYLIST?</b>					
*NEW* Mini Cheese Bites*% w/marinara sauce or Cheeseburger Sliders*% Sweet Potato Tots Baked Beans Fruit Choices Milk % 	French Bread Pizza*% or Mozzarella Sticks*% w/marinara sauce Seasoned Broccoli Fruit Choices Green & Red Peppers w/Ranch%^ Milk %	Crispitos* w/cheese% or Soft Beef Tacos* w/lettuce, tomato & cheese% Refried Beans w/cheese % Sweet Corn Fruit Choices Milk % 	Domino's Pizza *% Carrots & Broccoli w/hummus Diced Pears Milk %	Toasted Cheese Sandwich *% or WG Chicken Nuggets* Leafy Green Salad w/chick peas Fruit Choices Milk % 	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>
21 WG Mini Corn Dogs* or WG Chicken Nuggets* Sweet Potato Tots Baked Beans Fruit Choices Milk %	22 Buttermilk Waffles *% w/ sausage links or WG Chicken Tenders* Wango Mango Juice Hash Brown Fruit Choices Milk %	23 Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Beans w/cheese % Fruit Choices Milk %	24 Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Fruit Cocktail Milk %	25 WG Popcorn Chicken * or Taco Wedges *% Leafy Green Salad Seasoned Broccoli Fruit Choices Milk %	
28 Cheeseburger on a bun* or WG Chicken Nuggets* Baked Beans Tater Tots Fruit Choices Milk %	29 Rotini* w/ meatsauce or Chicken Patty on a Bun* Seasoned Green Beans Fruit Choices Milk %	30 <b>HALLOWEEN LUNCH</b> "Ghostly" Chicken Nuggets* "Monster Brains" Brussel Sprouts "Scaredy Cat" Corn "Witchy" Watermelon "Monster" Milk% "Cooky" Cookie	31 <b>HALLOWEEN</b> Domino's Pizza *% Fresh Veggies w/hummus Diced Peaches Milk %	<b>National School Lunch Week</b> <i>Show us your favorite School Lunches on Twitter!</i> #NSLW19 #SchoolLunch #LunchPlaylist Tag @SNS_Amherst	

Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:

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