


# GO AMHERST COMETS!

## Powers Elementary November 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>	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.	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut <b>These are ONLY a guide</b>		1 WG Popcorn Chicken * or Fish Sticks* Baby Carrots & Celery w/hummus Fruit Choices Milk
4 WG French Bread Pizza *% or Rotini & Meatsauce* Steamed Broccoli Baby Carrots w/ Ranch%^ Fruit Choices Milk %	5 Buttermilk Waffles *% Sausage Links or WG Chicken Tenders * Wango Mango Juice Hash Brown Fruit Choices Milk %	6 Cheeseburger on a Bun*% or WG Corn Dog* Baked Beans Tater Tots Fruit Choices Milk %	7 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	8 Soft Beef Tacos* w/lettuce & cheese% or WG Chicken Nuggets* Refried Beans Sweet Corn Fruit Choices Milk%
11 Toasted Cheese Sandwich*% or or Hot Dog on a Bun * Celery Sticks w/Ranch Dip Tater Tots Fruit Choices Milk %	12 French Toast Bites*%^ Sausage Links or WG Chicken Tenders * Dragon Fruit Punch Hash Brown Fruit Choices Milk %	13 <b>THANKSGIVING LUNCH</b> Turkey & Gravy* or WG Chicken Nuggets* Mashed Potatoes Seasoned Broccoli Fruit Choices, Milk % Holiday Cookie*	14 Pizza Hut Pizza *% Leafy Green Salad Fruit Choices Pudding Cup Milk %	15 Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Beans Fruit Choices Milk %
18 WG Macaroni & Cheese*% w/breadstick * or Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %	19 Cheeseburger on a bun *% or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %	20 Mini Cheese Bites*% w/marinara sauce or Mini Corn Dogs *^ Comet Star Fries Seasoned Green Beans Fruit Choices Milk %	21 Domino's Pizza *% Leafy Green Salad Dragon Punch Fruit Choices Milk %	22 WG Quesadilla*% or WG Chicken & Waffles *% Fresh Veggies w/Ranch %^ or hummus Fruit Choices Milk %
25 WG Chicken Tenders**^ or Uncrustable (PB&J)*! Sweet Potato Tots Cauliflower & Broccoli w/Ranch%^ Fruit Choices Milk %	<b>LUCKY TRAY DAY</b> 26 Meatball Dunkers w/breadstick* or Maxi Cheese Sticks w/marinara Fresh Veggies w/hummus Fruit choices Milk %			

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

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