

GO AMHERST COMETS!

Powers Elementary December 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 WG French Bread Pizza *% or Rotini & Meatsauce* Steamed Broccoli & Carrots Fruit Choices Milk %	3 Buttermilk Waffles *% Sausage Links or WG Chicken Tenders * Wango Mango Juice Hash Brown Fruit Choices Milk %	4 Cheeseburger on a Bun*% or WG Corn Dog* Baked Beans Tater Tots Fruit Choices Milk %	5 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	6 Soft Beef Tacos* w/lettuce & cheese% or WG Chicken Patty on a Bun* Refried Beans Sweet Corn Fruit Choices Milk%	<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>
9 Toasted Cheese Sandwich*% or or Hot Dog on a Bun * Baked Beans Tater Tots Fruit Choices Milk %	10 French Toast Bites*%^ Sausage Links or WG Chicken Nuggets * Dragon Fruit Punch Hash Brown Fruit Choices Milk %	11 WG Popcorn Chicken * or Turkey and Gravy * Edamame Mashed Potatoes % Dinner Roll* Milk %	12 Pizza Hut Pizza *% Leafy Green Salad Fruit Choices Pudding Cup Milk %	13 Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Beans Fruit Choices Milk %	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
16 WG Macaroni & Cheese*% w/breadstick * or Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %	17 WG Holiday Chicken Nuggets*^ or Cheeseburger on a bun*% Sweet Potato Fries Baked Beans Fruit Choices Milk %	MINI DAY 18 Mini Cheese Bites*% w/marinara sauce or Mini Corn Dogs *^ Comet Star Fries Seasoned Green Beans Fruit Choices Milk %	19 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	20 LUNCH-TO-GO Hot Dog on a bun* or PB&J Uncrustable *! Baby Carrots w/Ranch %^ Applesauce Goldfish Crackers * Milk%	ALLERGENS: * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> These are ONLY a guide
					Happy Holidays!

This institution is an equal opportunity provider and employer
 Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:
deanne_pastva@amherstk12.org