










GO AMHERST COMETS!

Nord Middle School December 2019 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 WG Chicken Tenders* or WG Corn Dog* Baked Potato Smiles Baby Carrots w/Ranch %^ Fruit Choices Milk %	3 BBQ Rib Sandwich * or WG Macaroni & Cheese*% Seasoned Broccoli Dragon Punch Fruit Choices WG Food & Nutrition Cookies* Milk %	4 WG Chicken & Waffle* or French Toast Sticks*^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %	5 Pizza Hut Pizza*% Green, Yellow, Red & Orange Peppers w/Ranch%^ Applesauce Milk % 	6 Popcorn Chicken Bowl*% (popcorn chicken, mashed potatoes, gravy, corn, cheese) Turkey & Gravy* w/mashed potatoes Seasoned Green Beans WG Dinner Roll, 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 Hot Dog on a bun* or WG Chicken Nuggets* Sweet Potato Tots Baked Beans Fruit Choices Milk% 	10 WG French Bread Pizza*% or Mozzarella Sticks% w/ marinara sauce Steamed Broccoli Baby Carrots w/Ranch%^ Fruit Choices Milk 	11 Crisпитos w/cheese % or Soft Beef Taco* w/lettuce, tomato & cheese% Refried Beans w/cheese% Sweet Corn Fruit Choices Milk	12 Domino's Pizza **% Carrots & Broccoli w/hummus Diced Pears Milk % 	13 WG Chicken Nuggets* or Toasted Cheese Sandwich*% Mashed Potatoes & Gravy* Tomato Soup WG States & Capitals Cookies* Fruit Choices Milk	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
16 WG Holiday Chicken Nuggets*^ or WG Quesadillas*% Sweet Corn Wango Mango Juice Fruit Choices Milk% Holiday Cookie*	17 WG Macaroni & Cheese*% or Homemade Chicken Noodle Soup*^ Seasoned Green Beans Sidekick Smoothie Fruit Choices Milk%	18 Asian Orange Chicken* & Rice w/Fortune Cookie* or Mini Cheese Bites*% w/marinara sauce Steamed Broccoli Dragon Punch, Fruit Choices Milk %	19 Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Fruit Cocktail Milk % 	LUNCH-TO-GO 20 WG Corn Dog* or PB&J Uncrustable *! Baby Carrots w/Ranch %^ Applesauce Goldfish Crackers *% Milk% 	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>
				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:

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