

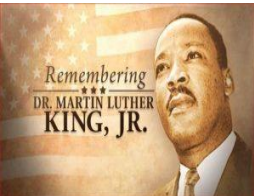



GO AMHERST COMETS!

**Powers Elementary School January 2020 Lunch Menu**

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p><b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>	<p>1 </p>	<p>2 EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<p>3 WELCOME TO THE NEW SCHOOL! </p>
<p>6 WG French Bread Pizza *% or Rotini w/meatsauce * Seasoned Green Beans Sidekick Slushie Fruit Choices Milk % </p>	<p>7 Turkey &amp; Gravy* or WG Chicken Nuggets* Mashed Potatoes w/gravy* Dragon Punch Fruit Choices Milk %</p>	<p>8 Cheeseburger on a Bun *% or WG Corn Dog * Sweet Potato Fries Baked Beans Fruit Choices Milk % </p>	<p>9 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p>10 Chicken Patty on a Bun* or Uncrustable!* Carrots &amp; Celery w/Ranch%^ Seasoned Green Beans Fruit Choices Milk %</p>
<p>13 WG Popcorn Chicken * or Fish Sticks* Edamame Mashed Potatoes w/gravy* Dinner Roll* Milk %</p>	<p>14 Toasted Cheese Sandwich *%^ or Hot Dog on a Bun* Steamed Broccoli Tater Tots Fruit Choices Milk %</p>	<p>15 Fiestada *% or Beefy Cheesy Nachos% Sweet Corn Refried Mexican Beans Fruit Choices Milk %</p>	<p>16 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p>17 Mozzarella Sticks*% w/marinara sauce or WG Chicken Tenders* Baby Carrots, Celery &amp; Pepper Strips w/Ranch ^% Fruit Choices Milk %</p>
<p><b>NO SCHOOL</b> 20 </p>	<p>21 WG Macaroni &amp; Cheese w/breadstick *% or Asian Orange Chicken &amp; Rice * w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices Milk %</p>	<p>22 French Toast Bites *%^ Sausage Links or WG Chicken Tenders * Wango Mango Juice Hash Brown Fruit Choices / Apple Crisp Milk %</p>	<p>23 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p>24 Meatball Dunkers w/breadstick* or WG Chicken Nuggets* Carrots &amp; Celery w/hummus Fruit Choice Milk %</p>
<p>27 Double Stuffed Crust Pizza*% or Uncrustable!* Seasoned Green Beans Sidekick Slushie Fruit Choices Milk %</p>	<p><b>TACO TUESDAY</b> 28 Soft Tacos*% or Maxi Cheese Sticks*% Sweet Corn Refried Beans Fruit Choices Milk % </p>	<p>29 Buttermilk Waffles *%^ Sausage Links or WG Chicken Nuggets * Dragon Punch Hash Brown Fruit Choices Milk %</p>	<p>30 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p><b>MINI DAY</b> 31 Mini Corn Dogs * or Mini Cheese Bites*% w/marinara sauce Comet Star Fries Steamed Broccoli Fruit Choices Milk %</p>

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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