


GO AMHERST COMETS!

Nord Middle 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 & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p> 	<p>MLC = Mrs. Liming's Class' recommendation! There will also be some newer fruit options, too!</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<p>Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines.</p> 
<p>WG Chicken Nuggets* or WG Corn Dog*[^] Baked Potato Smiles Baby Carrots w/Ranch*[%] Fruit Choices Milk %</p> 	<p>Fiestada *[%] or Beefy Cheesy Nachos % Sweet Corn Refried Beans Fruit Choices Milk %</p>	<p>WG Chicken Tenders * or French Toast Bites *[%][^] w/Sausage Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>Domino's Pizza *[%] Broccoli & Cauliflower (MLC) w/hummus Diced Pears Milk %</p> 	<p>WG Popcorn Chicken or Turkey & Gravy* Mashed Potatoes Sweet Corn WG Dinner Roll Fruit Choices Milk %</p>
<p>WG Chicken Bites* or Hot Dog on a bun * Mashed Sweet Potatoes (MLC) Baked Beans Fruit Choices Milk</p>	<p>French Bread Pizza*[%] or Mozzarella Sticks*[%] w/ Marinara Steamed Broccoli Green & Red Peppers w/Ranch*[^][%] Fruit Choices Milk %</p>	<p>Crispitos w/cheese % or Soft Beef Taco* w/ lettuce, tomato, & cheese*[%] Refried Beans Fiesta Corn Fruit Choices Milk %</p> 	<p>Pizza Hut Pizza*[%] Baby Carrots, Celery & Pepper Strips w/Ranch *[%] Fruit Cocktail Milk %</p> 	<p>Meatball Dunkers w/roll*[%] or Chicken Patty on a Bun* Spinach Salad (MLC) Dragon Punch Apple Crisp Fruit Choices Milk %</p>
<p>NO SCHOOL</p> <p>Martin Luther King, Jr. Day</p> 	<p>Asian Orange Chicken* & Rice w/Fortune Cookie* or Mini Cheese Bites*[%] w/marinara sauce Sugar Snap Peas (MLC) Dragon Punch, Fruit Choices Milk %</p>	<p>Breakfast Sandwich (egg*[^], cheese*[%] & ham on an English Muffin*) or WG Chicken Nuggets* Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>Domino's Pizza *[%] Fresh Veggies w/hummus Diced Peaches Milk %</p> 	<p>WG Popcorn Chicken* or Uncrustables (PB&J) !* Smiley Fries Celery Sticks w/Ranch Dip* WG Food & Nutrition Cookies*[%] Fruit Choices Milk %</p>
<p>WG Chicken Nuggets* or Cheeseburger on a Bun *[%] Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>Chicken Patty on a WG bun* or Rotini w/ meatsauce * Seasoned Green Beans Fruit Choices Milk %</p> 	<p>WG Chicken Nuggets* or WG Mini Corn Dogs *[^] Roasted Brussel Sprouts Sweet Corn Fruit Choices Milk %</p>	<p>Pizza Hut Pizza *[%] Baby Carrots, Celery & Pepper Strips w/Ranch *[%] Diced Strawberries Milk %</p> 	<p>Baked Potato w/chili or Homemade Chicken Noodle Soup*[^] Leafy Green Salad Apple Crisp 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:

deanne_pastva@amherstk12.org