


**GO AMHERST COMETS!**

**Powers Elementary February 2020 Lunch Menu**

Menu subject to change  
WEDNESDAY

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 <b>ONLY</b> a guide</p>	<p><b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b></p>	
<p>3 Cheeseburger on a bun *% or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %</p>	<p>4 WG Chicken Tenders * or Fish Sticks * Sweet Corn Mashed Potatoes % Fruit Choice Milk %</p>	<p>5 <b>"MINI DAY"</b> Mini Quesadillas ** or Mini Cheese Bites **% Comet Star Fries Baby Carrots w/Ranch% Fruit Choices Milk %</p>	<p>6 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Fresh Veggies w/Ranch Milk %</p>	<p>7 Toasted Cheese Sandwich **%^ or WG Chicken Nuggets * Celery Sticks, Green &amp; Red Peppers w/Ranch Fruit Choices Milk %</p>
<p>10 WG Chicken Patty on a bun * or WG Chicken Quesadillas **% Smiley Fries Carrot Coins Fruit Choices Milk %</p>	<p>11 Rotini w/meatsauce* or WG French Bread Pizza **% Seasoned Green Beans Sidekick Slushie Fruit Choices Milk %</p> 	<p>12 Heart Shaped Chicken Nuggets** or Uncrustables (PB&amp;J)*! Baked Beans  Smiley Fries Shape Up Frozen Treat Milk%</p>	<p>13 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Carrot Sticks w/Ranch% Milk%</p>	<p>14 <b>VALENTINE'S DAY</b> </p>
<p><b>NO SCHOOL</b> 17 <b>President's Day</b> </p>	<p>18 WG Macaroni &amp; Cheese**% or Asian Orange Chicken &amp; Rice * w/Fortune Cookie* Steamed Broccoli, Dragon Punch, Fruit Choices WG Presidents Cookies* Milk %</p>	<p>19 French Toast Sticks **%^ Sausage Links or WG Chicken Tenders * Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>20 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fresh Veggies w/Ranch% Fruit Choices Milk %</p>	<p>21 Grape Uncrustables (PB&amp;J) !* or Double Stuffed Crust Pizza**% Baby Carrots &amp; Celery w/hummus Fruit Choice Soft Pretzel * Milk %</p>
<p>24 Cheeseburger on a Bun **% or WG Corn Dogs **%^ Baked Beans Tater Tots Fruit Choices Milk %</p>	<p>25 WG Chicken Tenders * or Turkey and Gravy **%^ Edamame Mashed Potatoes % Soft Pretzel * Milk %</p>	<p>26 <b>ASH WEDNESDAY</b> Pillsbury Waffles **%^ Sausage Links or Fish Sandwich **% Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>27 Domino's Pizza *% Leafy Green Salad Sidekick Slushie Apple Crisp* Fruit Choices Milk %</p>	<p>28 Mozzarella Sticks**% w/marinara sauce or WG Chicken Tenders* Baby Carrots, Celery &amp; Pepper Strips w/Ranch % 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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