




GO AMHERST COMETS!

**Nord Middle School 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>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b></p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are <i>ONLY</i> a guide</p>	<p><b>MLC = Mrs. Liming's Class' recommendation!</b> <b>There will also be some newer fruit options, too!</b></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>3 WG Chicken Patty on a Bun* or WG Corn Dog*<sup>^</sup> Baked Potato Smiles Carrot Coins Fruit Choices Milk %</p>	<p>4 Fiestada *% or Beefy Cheesy Nachos % Sweet Corn Refried Beans Fruit Choices Milk %</p>	<p>5 WG Chicken Tenders * or French Toast Sticks *%<sup>^</sup> Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>6 Domino's Pizza *% <b>Spinach Salad (MLC)</b> w/tomatoes &amp; cucumbers Dragon Punch Juice Fruit Choices Milk %</p>	<p>7 WG Popcorn Chicken* or Cheeseburger on a Bun *% Mashed Potatoes w/gravy Sweet Corn Fruit Choices Milk %</p>
<p>10 WG Chicken Bites* or Hot Dog on a bun * <b>Broccoli &amp; Cauliflower (MLC)</b> w/hummus Baked Beans Fruit Choices Milk %</p>	<p>11 French bread Pizza*% or Mozzarella Sticks*% w/ Marinara Seasoned Broccoli Green &amp; Red Peppers w/Ranch Fruit Choices Milk %</p>	<p>12 WG Heart-Shaped Chicken Nuggets *<sup>^</sup> or PB&amp;J Uncrustables !* Sweet Corn  Oven Baked Fries Milk %</p>	<p>13 Pizza Hut Pizza*% Baby Carrots &amp; Celery Dragon Punch Juice Fruit Choices Milk %</p>	<p>14 <b>VALENTINE'S DAY</b> </p>
<p>17 <b>NO SCHOOL President's Day</b> </p>	<p>18 WG Macaroni &amp; Cheese*% or Asian Orange Chicken &amp; Rice * w/Fortune Cookie* Steamed Broccoli, <b>Sugar Snap Peas</b>, Fruit Choices WG Presidents Cookies* Milk %</p>	<p>19 WG Chicken &amp; Waffle*<sup>^</sup> or French Toast Sticks*%<sup>^</sup> w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>20 Domino's Pizza *% Celery &amp; Pepper Strips w/Ranch Dragon Punch Juice Fruit Choices Milk %</p>	<p>21 WG Chicken Nuggets* or PB&amp;J Uncrustables !* Leafy Green Salad w/chick peas Mickey Mouse Goldfish Crackers Fruit Choices Milk %</p>
<p>24 WG Chicken Tenders* or Cheeseburger Sliders*% Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>25 WG Chicken Patty on a bun* or Rotini w/ meatsauce * Seasoned Green Beans Fruit Choices Milk %</p>	<p>26 <b>ASH WEDNESDAY</b> Pillsbury Waffles *%<sup>^</sup> Sausage Links or Fish Sandwich *% Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>27 Pizza Hut Pizza *% Baby Carrots, Celery &amp; Pepper Strips w/Ranch Dragon Punch Juice Fruit Choices Milk %</p>	<p>28 Mozzarella Sticks*% w/marinara sauce or WG Chicken Sticks* Sweet Corn Fresh Veggies 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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