

Powers Elementary October 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>National School Lunch Week Show us your favorite School Lunches on Twitter! #NSLW20 #SchoolLunch Tag @SNS_Amherst Tag @SchoolLunch</p>				<p>1 Pizza Hut Pizza *% Fresh Veggies w/hummus Applesauce Milk %</p>	<p>2 WORLD SMILE DAY Cheeseburger on a bun *% Smiley Fries Celery Sticks w/Ranch%^ Fruit Choices Milk%</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>
<p>5 Hot Dog on a Bun * Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>6 NATIONAL NOODLE DAY WG Macaroni & Cheese*% w/WG soft pretzel rod* Steamed Broccoli Edamame Fruit Choices Milk%</p>	<p>7 French Toast Bites*%^ Sausage Links Dragon Fruit Punch Hash Brown Fruit Choices Milk%</p>	<p>8 Domino's Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %</p>	<p>9 NEOEADAY </p>	<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>	
12	13	14	15	16	16	
NATIONAL SCHOOL LUNCH WEEK - NOW PLAYING: SCHOOL LUNCH						
<p>Chicken Patty on a bun* Green Beans SideKick Smoothie Fruit Choices Milk % </p>	<p>WG Chicken Tenders*^ Sweet Potato Tots Cauliflower & Broccoli w/Ranch%^ Fruit Choices Milk % </p>	<p>NATIONAL DESSERT DAY Fiestadas *% Sweet Corn Refried Beans Fruit Choices Milk % Blueberry Clobber </p>	<p>Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk % </p>	<p>WG Mini Corn Dogs* Tater Tots Baked Beans Fruit Choices Milk % </p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>	
<p>19 Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli Edamame Fruit Choices Milk %</p>	<p>20 WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %</p>	<p>21 Mini Cheese Bites*% w/marinara sauce Comet Star Fries Seasoned Green Beans Fruit Choices Milk %</p>	<p>22 Domino's Pizza *% Fresh Veggies w/Ranch%^ Fruit Choices Milk %</p>	<p>23 WG Quesadilla*% Sweet Corn Refried Beans Fruit Choices Milk %</p>	<p>Please visit www.payschoolscentral.com to add money to your child's account, and to complete the Free & Reduced-price Application. (Deadline to renew applications is October 7, 2020)</p>	
<p>26 Chicken* & Waffles*% Dragon Fruit Punch Hash Brown Fruit Choices Milk%</p>	<p>27 NATIONAL POTATO DAY WG Corn Dog* Sweet Potato Tots Baked Beans Fruit Choices Milk%</p>	<p>28 NATIONAL CHOCOLATE DAY WG Chicken Tenders* Baby Carrots & Celery w/Ranch%^ Fruit Choices Milk% Chocolate Chip Cookie</p>	<p>29 Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %</p>	<p>30 HALLOWEEN LUNCH "Ghostly" Chicken Nuggets* "Magic" Mashed Potatoes "Scaredy Cat" Corn "Spooky" Shape Up Treat "Monster" Milk% Pumpkin Shaped Pretzel*</p>		

USDA 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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