

GO AMHERST COMETS!

Powers Elementary November 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 WG French Bread Pizza *% Steamed Broccoli Comet Star Fries Fruit Choices Milk %	3 WG Pancakes*%^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %	4 Cheeseburger on a Bun*% Baked Beans Tater Tots Fruit Choices Milk %	5 Domino's Pizza *% Fresh Veggies w/Ranch%^ Fruit Choices Milk %	6 Soft Beef Tacos* w/lettuce & cheese% Refried Beans Sweet Corn Fruit Choices Milk%	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
9 Hot Dog on a Bun * Baked Beans Tater Tots Fruit Choices Milk %	10 WG Chicken Tenders * Seasoned Green Beans Sweet Potato Fries Fruit Choices Milk%	11 THANKSGIVING LUNCH Turkey & Gravy* Mashed Potatoes Seasoned Broccoli Holiday Frozen Juice Cup Milk% Holiday Soft Pretzel*	12 Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %	13 WG Corn Dog* Dragon Punch Sweet Corn Fruit Choices Milk %	Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.
16 WG Macaroni & Cheese*% Steamed Broccoli Dragon Punch Fruit Choices Milk %	17 Cheeseburger on a bun *% Sweet Potato Fries Baked Beans Fruit Choices Milk %	18 Mini Cheese Bites*% w/marinara sauce Seasoned Green Beans Fruit Choices Milk %	19 Domino's Pizza *% Fresh Veggies w/Ranch%^ Fruit Choices Milk %	20 WG Quesadilla*% Celery Sticks w/hummus Fruit Choices Milk %	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide
23 WG Popcorn Chicken* Sweet Potato Tots Seasoned Green Beans Fruit Choices Milk %	24 Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli Dragon Punch Fruit Choices Milk %				
30 WG Mini Corn Dogs* Sweet Potato Tots Baked Beans Fruit Choices Milk%	DECEMBER 1st WG Pancakes*%^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %	DECEMBER 2nd Cheeseburger on a Bun*% Baked Beans Tater Tots Fruit Choices Milk %	DECEMBER 3rd Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %	DECEMBER 4th NATIONAL COOKIE DAY WG Chicken Nuggets* Seasoned Green Beans Dragon Punch Fruit Choices Milk % Chocolate Chip Cookie*%^	

USDA 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