

GO AMHERST COMETS!

Nord Middle November 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 WG French Bread Pizza *% Steamed Broccoli Dragon Punch Fruit Choices Milk %	3 Mozzarella Cheese Sticks*% w/marinara sauce Sugar Snap Peas Fruit Choices Milk %	4 Ravioli* Seasoned Green Beans Broccoli & Cauliflower w/Ranch%^ Fruit Choices Milk %	5 Pizza Hut Pizza*% Leafy Green Salad w/chick peas Fruit Choices Milk % Blueberry Cobbler*	6 NATIONAL NACHOS DAY Loaded Nachos (tortilla chips, beef, cheese%, salsa) Refried Beans 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 French Toast Bites*%^ Sausage Links Dragon Punch Hash Brown Fruit Choices Milk%	11 THANKSGIVING LUNCH Turkey & Gravy* Mashed Potatoes Seasoned Broccoli Holiday Frozen Juice Cup Milk%	12 Domino's Pizza *% Leafy Green Salad Wango Mango Juice Fruit Choices Milk %	13 WG Popcorn Chicken * Baby Carrots & Celery w/hummus Fruit Choices Milk%	<i>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>
16 WG Macaroni & Cheese*% Steamed Broccoli Edamame 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 Pizza Hut Pizza*% Leafy Green Salad Dragon Punch Fruit Choices Milk %	20 WG Crisпитos *% Refried Beans w/cheese % Sweet Corn Fruit Choices Milk%	ALLERGENS: * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> <i>These are ONLY a guide</i>
23 WG Chicken Tenders*^ Comet Star Fries Fruit Choices Milk%	24 Taco Wedges *% Refried Beans w/cheese % Sweet Corn Fruit choices Milk %				
30 WG Corn Dog* Seasoned Green Beans Dragon Punch Fruit Choices Milk %	DECEMBER 1st WG Chicken Nuggets* Curly Fries Fruit Choices Milk %	DECEMBER 2nd Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli Edamame Fruit Choices Milk%	DECEMBER 3rd Domino's Pizza *% Leafy Green Salad Wango Mango Juice Fruit Choices Milk % Blueberry Cobbler*	DECEMBER 4th NATIONAL COOKIE DAY Toasted Cheese Sandwich*% Broccoli & Cauliflower w/hummus Fruit Choices Milk % Chocolate Chip Cookie*%^	

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Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:

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