




GO AMHERST COMETS!

Nord Middle School December 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 WG Chicken Nuggets* Curly Fries Fruit Choices Milk %	2 Asian Orange Chicken* & Rice w/Fortune Cookie* Steamed Broccoli Edamame Fruit Choices Milk%	3 Domino's Pizza *% Leafy Green Salad Wango Mango Juice Fruit Choices Milk % Blueberry Cobbler*	4 NATIONAL COOKIE DAY Toasted Cheese Sandwich*% Broccoli & Cauliflower w/hummus Fruit Choices Milk % Chocolate Chip Cookie*%^	<i>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>
7 Hot Dog on a Bun * Baked Beans Tater Tots Fruit Choices Milk %	8 French Toast Bites*%^ Sausage Links Dragon Punch Hash Brown Fruit Choices Milk%	9 WG Chicken Tenders* Baked Potato Smiles Baby Carrots w/Ranch%^ Fruit Choices Milk%	10 Pizza Hut Pizza*% Leafy Green Salad Dragon Punch Fruit Choices Milk %	11 WG Popcorn Chicken * Celery Sticks w/hummus Fruit Choices Milk%	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
14 WG Macaroni & Cheese*% Steamed Broccoli Edamame Fruit Choices Milk %	15 Cheeseburger on a bun *% Sweet Potato Fries Baked Beans Fruit Choices Milk %	16 Mini Cheese Bites*% w/marinara sauce Seasoned Green Beans Fruit Choices Milk %	17 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %	18 WG Chicken Nuggets* Baby Carrots w/Ranch %^ Dragon Punch Apple Slices Milk%	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide
				Happy Holidays! 	

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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