

GO AMHERST COMETS!

Powers Elementary December 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 WG Pancakes*%^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %	2 Hamburger on a Bun* Baked Beans Tater Tots Fruit Choices Milk %	3 Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %	4 NATIONAL COOKIE DAY WG Chicken Nuggets* Seasoned Green Beans Dragon Punch 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 WG Chicken Tenders * Seasoned Green Beans Sweet Potato Fries Fruit Choices Milk %	9 Toasted Cheese Sandwich*% Steamed Broccoli Wango Mango Juice Fruit Choices Milk %	10 Domino's Pizza *% Fresh Veggies w/Ranch%^ Fruit Choices Milk %	11 WG Corn Dog* Dragon Punch Sweet Corn 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 Dragon Punch Fruit Choices Milk %	15 WG Popcorn Chicken* Sweet Potato Fries Baked Beans Fruit Choices Milk %	16 Mini Cheese Bites*% w/marinara sauce Seasoned Green Beans Fruit Choices Milk %	17 Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %	18 WG Chicken Nuggets* Baby Carrots w/Ranch %^ Dragon Punch Apple Slices Milk %	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>
					

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

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