

GO AMHERST COMETS!

**Powers Elementary School January 2021 Lunch Menu**

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p><b>ALLERGENS:</b>                      * = gluten                      ^ = egg                      % = dairy                      ! = peanut                      These are <b>ONLY</b> a guide</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>		<p>1</p> 
<p>4</p> 	<p>5</p> <p>Turkey &amp; Gravy*                      or WG Chicken Nuggets*                      Mashed Potatoes w/gravy*                      Dragon Punch, Fruit Choices                      Dinner Roll*                      Milk %</p>	<p>6</p> <p><b>National Bean Day</b>                      Hamburger on a Bun*                      or WG Corn Dog *                      Sweet Potato Fries                      Baked Beans                      Fruit Choices                      Milk %</p>	<p>7</p> <p>Pizza Hut Pizza *%                      Leafy Green Salad w/chick peas                      Fruit Choices                      Milk %</p>	<p>8</p> <p>Chicken Patty on a Bun*                      or Uncrustable!*                      Carrots &amp; Celery w/Ranch%^                      Seasoned Green Beans                      Fruit Choices                      Milk %</p>
<p>11</p> <p>WG Popcorn Chicken *                      or Fish Sticks*                      Edamame                      Mashed Potatoes w/gravy*                      Dinner Roll*                      Milk %</p>	<p>12</p> <p>Toasted Cheese Sandwich *%<sup>^</sup>                      or Hot Dog on a Bun*                      Steamed Broccoli                      Tater Tots                      Fruit Choices                      Milk %</p>	<p>13</p> <p>Fiestada *%                      or Beefy Cheesy Nachos%                      Sweet Corn                      Refried Beans w/cheese%                      Fruit Choices                      Milk %</p>	<p>14</p> <p>Domino's Pizza *%                      Fresh Veggies w/hummus                      Fruit Choices                      Milk %</p>	<p>15</p> <p><b>Nat'l Straw. Ice Cream Day</b>                      Mozzarella Sticks*                      w/marinara sauce                      or WG Chicken Tenders*                      Seasoned Green Beans                      Fruit Choices, Milk%                      Strawberry Ice Cream Cup</p>
<p><b>NO SCHOOL</b> 18</p> 	<p>19</p> <p>WG Macaroni &amp; Cheese w/roll * or                      WG French Bread Pizza *%                      Steamed Broccoli                      Dragon Punch                      Fruit Choices                      Milk %</p>	<p>20</p> <p>French Toast Bites *%<sup>^</sup>                      Sausage Links                      or WG Chicken Tenders *                      Wango Mango Juice                      Hash Brown                      Fruit Choices / Apple Crisp                      Milk %</p>	<p>21</p> <p>Pizza Hut Pizza *%                      Leafy Green Salad w/chick peas                      Fruit Choices                      Milk %</p>	<p>22</p> <p>Meatball Dunkers                      or WG Chicken Nuggets*                      Seasoned Green Beans                      Tater Tots                      Fruit Choice                      Milk %                      Dinner Roll*</p>
<p>25</p> <p>Double Stuffed Crust Pizza*%                      or Uncrustable!*                      Seasoned Green Beans                      Sidekick Slushie                      Fruit Choices                      Milk %</p>	<p>26</p> <p>Mini Corn Dogs* or                      Mini Cheese Bites*%                      w/marinara                      Comet Star Fries                      Steamed Broccoli                      Fruit Choices                      Milk %</p>	<p>27</p> <p>Buttermilk Waffles *%<sup>^</sup>                      Sausage Links                      or WG Chicken Nuggets *                      Dragon Punch                      Hash Brown                      Fruit Choices                      Milk %</p>	<p>28</p> <p>Domino's Pizza *%                      Fresh Veggies w/hummus                      Fruit Choices                      Milk %</p>	<p>29</p> <p><b>National Corn Chip Day</b>                      Loaded Nachos%                      (corn chips, taco meat, cheese, salsa)                      Refried Beans w/cheese%                      Fruit Choices                      Milk %</p>

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

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