



GO AMHERST COMETS!

Nord Middle School January 2021 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>	<p>MLC = Mrs. Liming's Class' recommendation from last school year!</p> <p>Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines.</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	
<p>4</p> 	<p>5</p> <p>WG Chicken Tenders * or French Toast Bites **^ w/Sausage Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>6</p> <p>National Bean Day Fiestada *% or Beefy Cheesy Nachos % Sweet Corn Refried Beans w/cheese% Fruit Choices Milk %</p>	<p>7</p> <p>Domino's Pizza *% Broccoli & Cauliflower (MLC) w/hummus Diced Pears Milk %</p>  	<p>8</p> <p>WG Popcorn Chicken* or Turkey & Gravy Mashed Potatoes Sweet Corn Dinner Roll* Fruit Choices Milk%</p>
<p>11</p> <p>WG Chicken Nuggets* or Hot Dog on a bun * Mashed Sweet Potatoes (MLC) Baked Beans Fruit Choices Milk %</p>	<p>12</p> <p>French Bread Pizza*% or Mozzarella Sticks*% w/ Marinara Steamed Broccoli Green & Red Peppers w/Ranch^% Fruit Choices Milk %</p>	<p>13</p> <p>Mini Cheese Bites*% w/marinara or Soft Beef Taco* w/ lettuce, tomato, & cheese*% Fiesta Corn Fruit Choices Milk%</p> 	<p>14</p> <p>Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch ^% Fruit Cocktail Milk % Blueberry Cobbler*</p> 	<p>15</p> <p>Nat'l Straw. Ice Cream Day Meatball Sub Sandwich*% or Chicken Patty on a Bun* Spinach Salad (MLC) Seasoned Green Beans Fruit Choices Milk % Strawberry Ice Cream Cup</p>
<p>18</p> <p>NO SCHOOL</p> 	<p>19</p> <p>Asian Orange Chicken* & Rice w/Fortune Cookie* or Mini Cheese Bites*% w/marinara sauce Sugar Snap Peas (MLC) Dragon Punch, Fruit Choices Milk %</p>	<p>20</p> <p>Breakfast Sandwich (egg^, cheese% & ham on an English Muffin*) or WG Chicken Nuggets* Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>21</p> <p>Domino's Pizza *% Fresh Veggies w/hummus Diced Peaches Milk%</p> 	<p>22</p> <p>WG Popcorn Chicken* or Uncrustables (PB&J) !* Smiley Fries Celery Sticks w/Ranch Dip% Fruit Choices Milk %</p>
<p>25</p> <p>WG Chicken Nuggets* or Cheeseburger on a Bun *% Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>26</p> <p>Chicken Patty on a WG bun* or Rotini w/ meatsauce * Seasoned Green Beans Fruit Choices Milk %</p> 	<p>27</p> <p>WG Chicken Nuggets* or WG Mini Corn Dogs *^ Roasted Brussel Sprouts (MLC) Sweet Corn Fruit Choices Milk %</p>	<p>28</p> <p>Pizza Hut Pizza *% Baby Carrots, Celery & Pepper Strips w/Ranch ^% Diced Strawberries Milk %</p> 	<p>29</p> <p>National Corn Chip Day Loaded Nachos% (corn chips, taco meat, cheese, salsa, lettuce) 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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