

GO AMHERST COMETS!

Powers Elementary School March 2021 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 <b>PEANUT BUTTER LOVER'S DAY</b>  PB&J Uncrustable !* or WG Mini Corn Dogs* Wango Mango Juice Smiley Fries Fruit Choices Milk %	2 <b>DR. SEUSS' BIRTHDAY</b> "Green Eggs & Ham" Breakfast Sandwich **% or "One Fish, Two Fish" Nuggets* Dr. Seuss' Star Fries "Horton Hears a Who" Fruit "Mulberry Street" Milk % <b>PRIZE WITH LUNCH!</b>	3 Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Mexican Beans Fruit Choices Milk %	4 Pizza Hut Pizza *% Baby Carrots w/hummus Fruit Choices Milk %	5 Toasted Cheese Sandwich **%^ or WG Chicken Nuggets * Broccoli, Carrots & Celery Sticks w/Ranch% Fruit Choices Milk %	<i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>
8 Hot Dog on a Bun or WG Popcorn Chicken * Curly Fries Dragon Punch Juice Fruit Choices Milk %	9 <b>NATIONAL MEATBALL DAY</b> Meatball Dunkers w/breadstick* WG Chicken Patty on a bun* Green Beans Edamame Fruit Choice Milk %	10 <b>**NEW**</b> Breakfast Taco Roll Up **%^ or WG Chicken Fries **%^ Wango Mango Juice Hash Brown Fruit Choices Milk %	11 Domino's Pizza *% Leafy Green Salad w/ Chick Peas Fruit Crisp Fruit Choices Milk %	12 Fish Shape Nuggets* or WG Chicken Nuggets* Tater Tots Baked Beans Fruit Choices Milk %	<b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>
15 WG Bosco Sticks*% w/marinara or WG Chicken Nuggets * Seasoned Green Beans Sweet Corn Fruit Choices Milk %	16 WG Chicken Patty on a bun * or WG Stuffed Crust Pizza *% Smiley Fries Carrot Coins Fruit Choices Milk %	17 <b>St. Patrick's Day</b> WG Popcorn Chicken * or Mini Corn Dogs* Steamed Broccoli, Dragon Punch, Fruit Choices Shamrock Soft Pretzel Milk %	18 Pizza Hut Pizza *% Baby Carrots w/hummus Fruit Choices Milk %	19 WG Mozzarella Sticks*% w/marinara or WG Chicken Nuggets * Sweet Potato Fries Sidekicks Fruit Choices Milk %	<i>March is National Nutrition Month! Go to <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> for fun activities, and tools for a healthy lifestyle.</i>
22 Hamburger on a bun * or WG Corn Dogs **%^ Baked Beans Sweet Potato Tots Fruit Choices Milk %	23 Turkey and Gravy **%^ or WG Chicken Nuggets Dinner Roll Edamame Mashed Potatoes % Fruit Choices Milk %	24 <b>National Tortilla Chip Day</b> Nachos w/beef, cheese %, tortilla chips or Soft Taco*% Refried Beans / Sweet Corn Fruit Choices Milk%	25 Domino's Pizza *% Leafy Green Salad w/ Chick Peas Fruit Choices Milk %	26 No School Staff Vaccination Day Have a great Spring Break!	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut <b>These are ONLY a guide</b>
29	30			31	
			April 1	April 2	

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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