

# GO AMHERST COMETS!

# Nord Middle School March 2021 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> <b>PEANUT BUTTER LOVER'S</b> PB&J Uncrustable !* or Mike's Cheese Bites*% w/marinara sauce Wango Mango Juice Smiley Fries Fruit Choices Milk %	<b>2</b> <b>DR. SEUSS' BIRTHDAY</b> "Green Eggs & Ham" Breakfast Sandwich *% or "Lorax" Chicken Nuggets* "Fox in Socks" Sidekick Dr. Seuss' Star Fries "Horton Hears a Who" Fruit Milk %	<b>3</b> Cheeseburger on a bun*% w/lettuce, pickles & tomato or WG Corn Dog*^ Seasoned Green Beans Baby Carrots w/Ranch^% Fruit Choices Milk %	<b>4</b> Domino's Pizza *% Celery & Pepper Strips w/hummus Fruit Choices Milk %	<b>5</b> Fish Sandwich *% or WG Chicken Tenders * Curly Fries Fresh Veggies w/Ranch% Fruit Choices Milk%	Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable. <b>MLC =</b> <b>Mrs. Liming's Class'</b> <b>recommendation!</b>
<b>8</b> Hot Dog on a Bun or WG Popcorn Chicken * Baked Beans Dragon Punch Juice Fruit Choices Milk %	<b>9</b> <b>NATIONAL MEATBALL DAY</b> Meatball Dunkers w/soft WG Chicken Patty on a bun* Seasoned Green Beans Edamame Fruit Choice Milk %	<b>10</b> <b>**NEW**</b> Breakfast Taco Roll Up *^% or WG Chicken Fries *% Wango Mango Juice Hash Brown Fruit Choices Milk %	<b>11</b> Pizza Hut Pizza*% Baby Carrots & Celery w/hummus Fruit Choices Milk %	<b>12</b> Mozzarella Sticks*% w/marinara sauce or BBQ Rib Sandwich* Seasoned Green Beans Fresh Veggies w/Ranch % Fruit Choices Milk %	
<b>15</b> WG Bosco Sticks*% w/marinara or WG Chicken Nuggets * Seasoned Green Beans Baked Beans Fruit Choices Milk %	<b>16</b> WG Chicken Patty on a bun* or WG Stuffed Crust Pizza *% Smiley Fries Carrot Coins Fruit Choices Milk %	<b>17</b> <b>St. Patrick's Day</b> WG Popcorn Chicken * or Mini Corn Dogs* Steamed Broccoli Dragon Punch Shamrock Shape-Up Milk %	<b>18</b> Domino's Pizza *% Celery & Pepper Strips w/hummus Fruit Choices Milk %	<b>19</b> WG Chicken Tenders* or Toasted Cheese Sandwich *% <sup>^</sup> Tomato Soup Steamed Broccoli Fruit Choices Milk %	March is National Nutrition Month! Go to <a href="http://www.choosemyplate.com">www.choosemyplate.com</a> for fun activities, and tools for healthy lifestyle.
<b>22</b> Sub Sandwich*% w/lettuce, pickles & tomato or WG Corn Dogs *% <sup>^</sup> Baked Beans Tater Tots Fruit Choices Milk %	<b>23</b> Turkey and Gravy or WG Chicken Nuggets* WG Dinner Roll* Edamame Mashed Potatoes % Fruit Choices Milk %	<b>24</b> <b>National Tortilla Chip Day</b> Nachos w/beef, cheese %, tortilla chips or Soft Taco*% Refried Beans / Sweet Corn Fruit Choices Milk%	<b>25</b> Pizza Hut Pizza*% Baby Carrots & Celery w/hummus Fruit Choices Milk %	<b>26</b> No School Staff Vaccination Day Have a great Spring Break!	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut These are <b>ONLY</b> a guide
<b>29</b>	<b>30</b>	<b>31</b> 	<b>April 1</b>	<b>April 2</b>	Nord has a la carte options for students to purchase during time. All extras comply with Federal Smart Snack



USDA is an equal opportunity provider and employer  
 Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:  
[deanne\\_pastva@amherstk12.org](mailto:deanne_pastva@amherstk12.org)  
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