



GO AMHERST COMETS!

Powers Elementary School April 2021 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<p><i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>	<p>1</p> 	<p>2</p> <p>BREAKING NEWS: The USDA has extended no-cost breakfast & lunch through SEPTEMBER 30, 2021! Stay tuned for more info!</p>
<p>5</p> <p>Staff Inservice Day No School</p>	<p>6</p> <p>WG Chicken Nuggets*[^] or Uncrustable (PB&J)*! Sweet Potato Tots Cauliflower & Broccoli w/Ranch Dip*[^] Fruit Choices Milk %</p>	<p>7</p> <p>Breakfast Taco Roll Up *[^]% or WG Chicken Fries *% Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>8</p> <p>Pizza Hut Pizza*% Leafy Green Salad Dragon Punch Fruit Choices Milk %</p> 	<p>9</p> <p>WG Popcorn Chicken * or Turkey and Gravy *%[^] Edamame Mashed Potatoes % Dinner Roll* Fruit Choices Milk %</p>
<p>12</p> <p>NATIONAL GRILLED CHEESE DAY Grilled Cheese Sandwich*% or Hamburger on a bun * Sweet Potato Fries Steamed Broccoli Fruit Choices Milk %</p>	<p>13</p> <p>WG Chicken Tenders * or WG Corn Dog* Baby Carrots w/Ranch Smiley Fries Fruit Choices Milk %</p>	<p>14</p> <p>Breakfast Sandwich*%[^] w/sausage, egg & cheese or WG Chicken Nuggets * Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>15</p> <p>Dominos Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p> 	<p>16</p> <p>Beefy Cheesy Nachos% or Fiestada*% Sweet Corn Refried Mexican Beans Fruit Choices Milk %</p>
<p>19</p> <p>Rotini* w/meatsauce or Chicken Patty on a bun* Green Beans Edamame Fruit Choices Milk %</p> 	<p>20</p> <p>Cherry Blossom Chicken & Rice *[^] (formerly "Asian Orange Chicken") or WG Chicken Nuggets* Steamed Broccoli Dragon Punch Fruit Choices Milk %</p>	<p>21</p> <p>Fiestada *% or Soft Tacos*% w/lettuce & cheese Sweet Corn Refried Mexican Beans Fruit Choices Milk %</p>	<p>22</p> <p>Pizza Hut Pizza *% Leafy Green Salad Dragon Punch Fruit Choices Milk %</p>	<p>23</p> <p>Meatball Dunkers or WG Chicken Nuggets* Seasoned Green Beans Tater Tots Fruit Choices Milk % Dinner Roll*</p>
<p>26</p> <p>NATIONAL PRETZEL DAY Mozzarella Sticks *% w/Marinara sauce or Uncrustable (PB&J)*! Green Beans, Sweet Potato Tots, Soft Pretzel, Fruit Choices, Milk %</p>	<p>27</p> <p>WG Popcorn Chicken * or Turkey and Gravy *%[^] Edamame Mashed Potatoes % Dinner Roll* Fruit Choices Milk %</p>	<p>28</p> <p>WG Macaroni & Cheese w/roll * or WG Mini Corn Dogs*[^] Steamed Broccoli Dragon Punch Fruit Choices Milk %</p> 	<p>29</p> <p>Dominos Pizza *% Baby Carrots w/hummus Fruit Choices Milk %</p>	<p>30</p> <p>NATIONAL RAISIN DAY Hot Dog on a Bun* or WG Chicken Nuggets* Tator Tots Raisins Milk%</p>

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

Menu subject to change based upon food availability