







Powers Elementary September 2021 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
30 Toasted Cheese Sandwich*% Seasoned Broccoli SideKick Slushie Fruit Choices Milk%	31 Mozzarella Sticks *% w/marinara Wango Mango Juice Fruit Choices Milk %	September 1 Beefy Cheesy Nachos% Sweet Corn Refried Beans Fruit Choices Milk%	September 2 Pizza Hut Pizza*% Leafy Green Salad w/chick peas Fruit Choices Milk% 	September 3 WG Chicken Nuggets * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk %	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
6  LABOR DAY	7 WG Popcorn Chicken* Sweet PotatoTots Green Beans Fruit Choices Milk %	8 Mini Corn Dogs *^ Broccoli & Cauliflower w/Ranch SideKick Slushie Fruit Choices Milk %	9 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk% 	10 Hot Dog on a Bun* Curly Fries Baked Beans Fruit Choices Milk%	<i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>
13 WG Macaroni & Cheese*% w/roll* Steamed Broccoli Wango Mango Juice Fruit Choices Milk%	14 Chicken Patty on a bun* Green Beans Edamame Fruit Choices Milk%	15 Taco Wedges *% w/salsa SideKick Slushie Fruit Choices Milk %	16 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk% 	17 Cherry Blossom Chicken *^ w/rice Sugar Snap Peas Dragon Punch Fruit Choices Milk % Fortune Cookie*	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide
20 Mozzarella Sticks *% w/marinara Sweet Corn Fruit Choices Milk%	21 WG Popcorn Chicken * Seasoned Green Beans Mashed Potatoes % Fruit Choices Milk%	22 Uncrustable *! Wango Mango Juice Oven Fries Fruit Choices Milk %	23 Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk% 	24 WG Corn Dog* Fresh Veggies w/hummus Fruit Choices Milk %	<i>Breakfast & Lunch are available at no cost to families for the 2021-22 school year!</i> <i>Milk by itself costs \$.50.</i>
27 Hamburger on a bun* Tater Tots SideKick Slushie Fruit Choices Milk%	28 WG Chicken Tenders* Green Beans Edamame Fruit Choices Milk%	29 WG Waffles*^ Sausage Links Hash Brown Wango Mango Juice Fruit Choices Milk%	30 Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk% 	October 1 Soft Tacos* w/lettuce & cheese% Refried Beans Sweet Corn Fruit Choices Milk%	<i>Important update: Due to manufacturer supply shortages, we may need to change the menu items without notice. We will do our best to have a similar item, but cannot guarantee it is the same as what the students usually get.</i>

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Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs: deanne_kelbley@amherstk12.org