








Nord Middle School September 2021 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
30	31	September 1	September 2	September 3	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
Toasted Cheese Sandwich**% Seasoned Broccoli SideKick Slushie Fruit Choices Milk%	Mozzarella Sticks **% w/marinara Wango Mango Juice Fruit Choices Milk %	Beefy Cheesy Nachos% Sweet Corn Refried Beans Fruit Choices Milk%	Domino's Pizza **% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Fruit Choices Milk % 	WG Chicken Nuggets * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk %	
	7	8	9	10	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.
	BBQ Rib Sandwich * Seasoned Broccoli Dragon Punch Fruit Choices Milk %	French Toast Sticks**^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %	Pizza Hut Pizza**% Green, Yellow, Red & Orange Peppers w/Ranch%^ Fruit Choices Milk % 	Hot Dog on a Bun* Tater Tots Baked Beans Fruit Choices Milk%	
13	14	15	16	17	ALLERGENS: * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> <i>These are ONLY a guide</i>
WG Macaroni & Cheese**% w/roll* Steamed Broccoli Wango Mango Juice Fruit Choices Milk%	Chicken Patty on a bun* Green Beans Edamame Fruit Choices Milk%	WG Chicken Quesadillas**% w/salsa SideKick Slushie Fruit Choices Milk %	Domino's Pizza **% Carrots & Broccoli w/hummus Fruit Choices Milk % 	Cherry Blossom Chicken **^ w/rice Sugar Snap Peas Dragon Punch Fruit Choices Milk % Fortune Cookie*	
20	21	22	23	24	Please visit www.payschoolscentral.com to add money to your child's account. <i>Breakfast & Lunch are available at no cost to families for the 2021-22 school year!</i>
Cheeseburger on a Bun**% Oven Baked Fries Baked Beans Fruit Choices Milk %	WG Popcorn Chicken * Seasoned Green Beans Mashed Potatoes % Fruit Choices Milk%	Fiestada**% Sweet Corn Refried Beans w/cheese % Fruit Choices Milk %	Pizza Hut Pizza**% Baby Carrots, Celery & Pepper Strips w/Ranch%^ Fruit Choices Milk % 	WG Corn Dog* Dragon Punch Tater Tots Fruit Choices Milk %	
27	28	29	30	October 1	Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines. Milk a la carte costs \$.50.
Sloppy Joe on a Bun**% Baked Beans Tater Tots Fruit Choices Milk % 	WG Chicken Tenders* Green Beans Edamame Fruit Choices Milk%	WG Waffles**^ Sausage Links Hash Brown Wango Mango Juice Fruit Choices Milk%	Domino's Pizza **% Fresh Veggies w/hummus Fruit Choices Milk % 	Soft Tacos* w/lettuce & cheese% Refried Beans Sweet Corn Fruit Choices Milk%	

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Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs: deanne_kelbley@amhersttk12.org