

Powers Elementary October 2021 Lunch Menu

MONDAY		TUESDAY		Menu subject to change without notice WEDNESDAY		THURSDAY		FRIDAY	
National School Lunch Week <i>Show us your favorite School Lunches on Twitter!</i> #NSLW21 #SchoolLunch Tag @SNS_Amherst Tag @SchoolLunch								Soft Tacos* w/lettuce & cheese% or Fiestada*% Salsa Sweet Corn Fruit Choices Milk%	
4 Hot Dog on a Bun * or Toasted Cheese*% Baked Beans Curly Fries Fruit Choices Milk %		5 WG Popcorn Chicken* or WG Mini Corn Dogs* Sweet PotatoTots Green Beans Fruit Choices Milk %		6 National Noodle Day WG Macaroni & Cheese*% or WG Chicken Nuggets* Steamed Broccoli Edamame Fruit Choices Milk % WG Soft Pretzel*		7 Domino's Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %		8 NEOE DAY NO SCHOOL	
11		12		13		14		15	
NATIONAL SCHOOL LUNCH WEEK - WILD ABOUT SCHOOL LUNCH									
WG Chicken Patty on a bun* or WG Mozzarella Sticks*% Green Beans SideKick Smoothie Fruit Choices Milk % 		WG Chicken Tenders*^ or Cheeseburger on a Bun* Sweet Potato Tots Dragon Punch Fruit Choices Milk % 		Taco Wedges*% or Fiestada *% Salsa Sweet Corn Fruit Choices Milk % 		Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk % 		WG Mini Corn Dogs* or WG Chicken Nuggets* Tater Tots Baked Beans Fruit Choices Milk % 	
18 Maxi Cheese Sticks *% w/marinara sauce or WG Popcorn Chicken* Comet Star Fries Seasoned Green Beans Fruit Choices Milk %		19 WG French Toast Sticks*^ or WG Pancakes *^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %		20 Tangerine Chicken*^ w/rice or WG Rotini w/meatsauce Steamed Broccoli, Edamame, Fruit Choices, Milk % Fortune Cookie*		21 Domino's Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %		22 WG Quesadilla*% or WG Chicken Nuggets* Cauliflower & Broccoli w/Ranch%^ Fruit Choices Milk %	
25 WG Personal Pan Pizza*% or WG Chicken Tenders*^ Dragon Fruit Punch Green Beans Fruit Choices Milk%		26 Beefy Cheesy Nachos% or WG Mozzarella Sticks*% w/marinara sauce Refried Beans Sweet Corn Fruit Choices Milk%		27 NATIONAL POTATO DAY WG Corn Dog* or Hamburger on a Bun* Sweet Potato Tots Baked Beans Fruit Choices Milk%		28 Pizza Hut Pizza *% Baby Carrots w/hummus Fruit Choices Milk %		29 HALLOWEEN LUNCH "Ghostly" Chicken Nuggets* "Magic" Mashed Potatoes "Scaredy Cat" Corn "Spooky" Shape Up Treat "Monster" Milk%	
EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH									
Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.									
ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide									
Please visit www.payschoolscentral.com to add money to your child's account, and to complete the Free & Reduced-price Application.									
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.									

USDA is an equal opportunity provider and employer

Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs:

deanne_kelbley@amherstk12.org