

## Nord Middle October 2021 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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.	<b>National School Lunch Week</b> <i>Show us your favorite School Lunches on Twitter!</i> #NSLW21 #SchoolLunch Tag @SNS_Amherst Tag @SchoolLunch	 COOL <b>Let's Celebrate!</b> <b>National School Lunch week</b>	#NSLW21	Soft Beef Tacos* Refried Beans w/cheese % Sweet Corn Fruit Choices Milk%	<b>1</b> <b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
Hot Dog on a Bun * Baked Beans Curly Fries Fruit Choices Milk %	French Toast Bites*% <sup>^</sup> Sausage Links Dragon Fruit Punch Hash Brown Fruit Choices Milk%	<b>NATIONAL NOODLE DAY</b> WG Macaroni & Cheese*% w/WG soft pretzel* Steamed Broccoli Edamame Fruit Choices Milk%	Pizza Hut Pizza*% Fresh Veggies w/Ranch% <sup>^</sup> Fruit Choices Milk%	<b>NEOE DAY</b> <b>NO SCHOOL</b>	Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
<b>NATIONAL SCHOOL LUNCH WEEK - WILD ABOUT SCHOOL LUNCH</b>					
Chicken Patty on a bun* Green Beans SideKick Smoothie Fruit Choices Milk % 	Fiestadas *% Sweet Corn Refried Beans Fruit Choices Milk % 	WG Chicken Tenders* <sup>^</sup> Sweet Potato Tots Cauliflower & Broccoli w/Ranch% <sup>^</sup> Fruit Choices Milk % 	Domino's Pizza *% Baby Carrots w/hummus Diced Pears Milk % 	<b>**NEW**</b> Cheesy Egg & Veggie Roll-Up (eggs, cheese, mushrooms, onions, peppers, spinach, tomatoes), Fruit Choices, Milk% 	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut <b>These are ONLY a guide</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
Tangerine Chicken* <sup>^</sup> w/rice Steamed Broccoli Edamame Fruit Choices Milk %	WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %	Mozzarella Sticks*% w/marinara sauce Seasoned Green Beans Fruit Choices Milk %	Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch% <sup>^</sup> Fruit Cocktail Milk %	Cheeseburger on a bun* w/lettuce, tomato & pickles Sweet Corn Tater Tots Fruit Choices Milk %	Please visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to add money to your child's account, and to complete the Free & Reduced-price Application.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
Taco Wedges *% Leafy Green Salad Sweet Corn Fruit Choices Milk %	Maxi Cheese Stix w/marinara sauce Carrots & Celery w/Ranch% <sup>^</sup> Fruit Choices Milk %	<b>NATIONAL POTATO DAY</b> BBQ Rib Sandwich * w/side of Cole Slaw & Pickles Baked Beans Curly Fries Fruit Choices Milk %	Domino's Pizza *% Fresh Veggies w/hummus Diced Peaches Milk %	<b>HALLOWEEN LUNCH</b> "Ghostly" Chicken Nuggets* "Magic" Mashed Potatoes "Scaredy Cat" Corn "Spooky" Shape Up Treat "Monster" Milk%	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.

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