

## Nord Middle November 2021 Lunch Menu

Menu subject to change without notice

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |   |
|--|---|---|---|---|---|
| 1  | 2   | 3   | 4   | 5   | <b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>  |
| Hot Dog on a WG Bun *<br>Steamed Broccoli<br>Curly Fries<br>Fruit Choices<br>Milk %        | WG Pancakes*%^<br>Sausage Links<br>Dragon Fruit Punch<br>Hash Brown<br>Fruit Choices<br>Milk% | Pulled Pork on a WG bun*<br>Baked Beans<br>Cole Slaw<br>Fruit Choices<br>Milk%  | Pizza Hut Pizza*%<br>Fresh Veggies<br>w/Ranch%^<br>Fruit Choices<br>Milk%   | Loaded Nachos<br>(tortilla chips, beef, cheese%, salsa)<br>Refried Beans<br>Fruit Choices<br>Milk%  |   |
| 8  | 9   | 10  | 11  | 12  | <i>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk.</i><br><br><i>Students must choose 3-5 components, one being a fruit or vegetable.</i>   |
| Chicken Patty on a WG Bun*<br>Sweet Corn<br>Tater Tots<br>Fruit Choices<br>Milk %          | WG Waffles*%^<br>Sausage Links<br>Dragon Punch<br>Hash Brown<br>Fruit Choices<br>Milk%        | <b>THANKSGIVING LUNCH</b><br>Turkey & Gravy*<br>Mashed Potatoes<br>Seasoned Broccoli<br>Fruit Choices<br>Milk%<br>WG Dinner Roll*   | Domino's Pizza *%<br>Leafy Green Salad<br>w/chick peas<br>Fruit Choices<br>Milk %                                       | WG Popcorn Chicken *<br>Baby Carrots & Celery<br>w/hummus<br>Fruit Choices<br>Milk%<br>World Kindness Day<br>Mixed Berry Frozen Fruit Bar %           |   |
| 15   | 16  | 17  | 18  | 19  | <b>ALLERGENS:</b><br>* = <i>gluten</i><br>^ = <i>egg</i><br>% = <i>dairy</i><br>! = <i>peanut</i><br><b>These are ONLY a guide</b>  |
| WG Chicken Nuggets*%<br>Steamed Broccoli<br>Edamame<br>Fruit Choices<br>Milk %             | WG Stuffed Crust Pizza*%<br>Seasoned Green Beans<br>Tator Tots<br>Fruit Choices<br>Milk %     | WG Mini Corn Dogs*<br>Baby Carrots & Cauliflower<br>w/hummus<br>Fruit Choices<br>Milk %   | Pizza Hut Pizza*%<br>Leafy Green Salad<br>Dragon Punch<br>Fruit Choices<br>Milk %                                       | Cheeseburger on a WG bun *%<br>Sweet Potato Fries<br>Celery Sticks<br>w/Ranch dip%^<br>Fruit Choices<br>Milk%   |   |
| 22   | 23  |   |   |   | Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines.<br>Please visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to add money to your child's account. |
| WG Chicken Tenders*^<br>Comet Star Fries<br>Seasoned Green Beans<br>Fruit choices<br>Milk% | WG Taco Wedges *%<br>Refried Beans w/cheese %<br>Sweet Corn<br>Fruit choices<br>Milk %        | <b>DECEMBER 1st</b><br>WG Macaroni & Cheese*%<br>w/WG soft pretzel*<br>Steamed Broccoli<br>Edamame<br>Fruit Choices<br>Milk%  | <b>DECEMBER 2nd</b><br>Domino's Pizza *%<br>Baby Carrots, Celery &<br>Pepper Strips w/hummus<br>Fruit Choices<br>Milk % | <b>DECEMBER 3rd</b><br>WG Toasted Cheese Sandwich*%<br>or Fish Sandwich w/cheese*%<br>Cauliflower Florets<br>w/Ranch dip%^<br>Fruit Choices<br>Milk % |   |
| 29   | 30  | <b>DECEMBER 3rd</b><br>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. |   |   |   |
| WG Corn Dog*<br>Seasoned Green Beans<br>Dragon Punch<br>Fruit Choices<br>Milk %            | WG Chicken Nuggets*<br>Sweet Potato Tots<br>Sweet Corn<br>Fruit Choices<br>Milk %             |   |   |   |   |

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

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