



## Nord Middle School December 2021 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>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.</p>		<p style="text-align: right;">1</p> <p>WG Macaroni &amp; Cheese*% w/WG soft pretzel* Steamed Broccoli Edamame Fruit Choices Milk%</p>	<p style="text-align: right;">2</p> <p>Domino's Pizza *% Baby Carrots, Celery &amp; Pepper Strips w/hummus Fruit Choices Milk %</p>	<p style="text-align: right;">3</p> <p>WG Toasted Cheese Sandwich*% or Fish Sandwich w/cheese*% Cauliflower Florets w/Ranch dip%^ Fruit Choices Milk %</p>	<p><i>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>
<p style="text-align: right;">6</p> <p>Hot Dog on a Bun * Baked Beans Tater Tots Fruit Choices Milk %</p>	<p style="text-align: right;">7</p> <p>French Toast Sticks*%^ Sausage Links Dragon Fruit Punch Hash Brown Fruit Choices Milk%</p>	<p style="text-align: right;">8</p> <p>WG Chicken Tenders* Baked Potato Smiles Baby Carrots w/Ranch%^ Fruit Choices Milk%</p>	<p style="text-align: right;">9</p> <p>Pizza Hut Pizza*% Leafy Green Salad Dragon Punch Fruit Choices Milk %</p>	<p style="text-align: right;">10</p> <p>WG Popcorn Chicken * Celery Sticks w/hummus Fruit Choices Milk%</p>	<p><b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b></p>
<p style="text-align: right;">13</p> <p>Soft Beef Tacos* Refried Beans w/cheese % Sweet Corn Fruit Choices Milk%</p>	<p style="text-align: right;">14</p> <p>Cheeseburger on a bun *% Sweet Potato Fries Baked Beans Fruit Choices Milk %</p>	<p style="text-align: right;">15</p> <p>Pulled Pork on a WG bun* Tater Tots Cole Slaw Fruit Choices Milk%</p>	<p style="text-align: right;">16</p> <p>Domino's Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p style="text-align: right;">17</p> <p>WG Mini Corn Dogs* Baby Carrots w/Ranch %^ Dragon Punch Apple Slices Milk%</p>	<p><b>ALLERGENS:</b> * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> <i>These are ONLY a guide</i></p>
<p style="text-align: right;">20</p> <p>WG Pancakes*%^ Sausage Links Dragon Fruit Punch Hash Brown Fruit Choices Milk%</p>	<p style="text-align: right;">21</p> <p>WG Chicken Nuggets* Wango Mango Juice Baked Beans Fruit Choices Milk %</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Happy Holidays!</p> 	<p style="text-align: right;">24</p> 		<p>Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines.</p> <p style="text-align: center;">Please visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to add money to your child's account.</p>

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

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