

Powers Elementary School January 2022 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>	<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><i>Please visit www.payschoolscentral.com to add money to your child's account, and to complete the Free & Reduced-price Application.</i></p>
<p>3</p> 	<p>4</p> <p>Turkey & Gravy* or WG Chicken Nuggets* Mashed Potatoes w/gravy* Dragon Punch, Fruit Choices Dinner Roll* Milk %</p>	<p>5</p> <p>Hamburger on a Bun* or WG Corn Dog * Sweet Potato Fries Baked Beans Fruit Choices Milk %</p>	<p>6</p> <p>Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p>7</p> <p>Chicken Patty on a Bun* or Uncrustable!* Carrots & Celery w/Ranch%^ Seasoned Green Beans Fruit Choices Milk %</p>
<p>10</p> <p>WG Popcorn Chicken * or Fish Sticks* Edamame Mashed Potatoes w/gravy* Dinner Roll* Milk %</p>	<p>11</p> <p>Toasted Cheese Sandwich *%[^] or Hot Dog on a Bun* Steamed Broccoli Tater Tots Fruit Choices Milk %</p>	<p>12</p> <p>Fiestada *% or Beefy Cheesy Nachos% Sweet Corn Refried Beans w/cheese% Fruit Choices Milk %</p>	<p>13</p> <p>Domino's Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %</p>	<p>14</p> <p>Mozzarella Sticks* w/marinara sauce or WG Chicken Tenders* Seasoned Green Beans Fruit Choices Milk %</p>
<p>NO SCHOOL 17</p> 	<p>18</p> <p>WG Macaroni & Cheese w/roll * or WG French Bread Pizza **% Steamed Broccoli Dragon Punch Fruit Choices Milk %</p>	<p>19</p> <p>French Toast Bites *%[^] Sausage Links or WG Chicken Tenders * Wango Mango Juice Hash Brown Fruit Choices / Apple Crisp Milk %</p>	<p>20</p> <p>Pizza Hut Pizza *% Leafy Green Salad w/chick peas Fruit Choices Milk %</p>	<p>21</p> <p>Meatball Dunkers or WG Chicken Nuggets* Seasoned Green Beans Tater Tots Fruit Choice Milk % Dinner Roll*</p>
<p>24</p> <p>Double Stuffed Crust Pizza*% or Uncrustable!* Seasoned Green Beans Sidekick Slushie Fruit Choices Milk %</p>	<p>25</p> <p>Mini Corn Dogs* or Mlni Cheese Bites*% w/marinara Comet Star Fries Steamed Broccoli Fruit Choices Milk %</p>	<p>26</p> <p>Waffles *%[^] Sausage Links or WG Chicken Nuggets * Dragon Punch Hash Brown Fruit Choices Milk %</p>	<p>27</p> <p>Domino's Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %</p>	<p>28</p> <p>Loaded Nachos% (corn chips, taco meat, cheese, salsa) Refried Beans w/cheese% Fruit Choices Milk %</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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