










Nord Middle School January 2022 Lunch Menu

Menu subject to change without change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
<p>Lunches consist of 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</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>Please visit www.payschoolscentral.com to add money to your child's account, & to complete the Free & Reduced App.</p>	<p><i>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</i></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>						
3	<p>WG Chicken Tenders * Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	4	<p>Beefy Cheesy Nachos % Sweet Corn Refried Beans w/cheese% Fruit Choices Milk %</p>	5	<p>Domino's Pizza *% Broccoli & Cauliflower w/hummus Fruit Choices Milk %</p> 	6	<p>WG Popcorn Chicken* Mashed Potatoes Sweet Corn Fruit Choices Milk %</p> 			
	10	<p>Hot Dog on a bun * Sweet Potato Tots Baked Beans Fruit Choices Milk %</p>	11	<p>Mozzarella Sticks*% w/ Marinara Steamed Broccoli Dragon Punch Fruit Choices Milk %</p>	12	<p>Pulled Pork on a WG bun* Oven Baked Fries Seasoned Green Beans Fruit Choices Milk %</p> 	13	<p>Pizza Hut Pizza*% Baby Carrots, Celery & Pepper Strips w/Ranch ^% Fruit Choices Milk %</p> 	14	<p>Meatball Dunkers w/ WG Soft Pretzel Leafy Green Salad w/chick peas Fruit Choices Milk %</p>
NO SCHOOL	17	<p>Asian Orange Chicken* & Rice w/Fortune Cookie* Sugar Snap Peas Dragon Punch Fruit Choices Milk %</p>	18	<p>Breakfast Sandwich (egg^, cheese% & ham on an English Muffin*) Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	19	<p>Domino's Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %</p> 	20	<p>WG Popcorn Chicken* or Smiley Fries Celery Sticks w/Ranch^% or WowButter Fruit Choices Milk %</p>		
	24	<p>Cheeseburger on a Bun *% Baked Beans Curly Fries Fruit Choices Milk %</p>	25	<p>Rotini w/ meatsauce * Seasoned Green Beans Fruit Choices Milk %</p> 	26	<p>WG Mini Corn Dogs *^ Roasted Brussel Sprouts Sweet Corn Fruit Choices Milk %</p>	27	<p>Pizza Hut Pizza *% Baby Carrots & Red Pepper Strips w/Ranch ^% Fruit Choices Milk %</p> 	28	<p>Loaded Nachos% (corn chips, taco meat, cheese, salsa, lettuce) Refried Beans w/cheese% Fruit Choices Milk %</p>

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