


Nord Middle School May 2022 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH	<i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i>	May 6th is School Lunch Hero Day Celebrate the Lunch Ladies the best way you know how!	FIELD DAYS May 24th & May 25th GRAB & GO LUNCH: PB&J (or other sandwich for those with allergies), Veggies Fruit and Milk
WG Corn Dog* Baked Beans Steamed Broccoli Fruit Choices Milk %	Pulled Pork on WG bun* Sweet Potato Fries Seasoned Green Beans Fruit Choices Milk%	WG Chicken Patty on WG Bun* Oven Baked Fries Edamame Fruit Choices Milk %	Dominos Pizza *% Leafy Green Salad w/chic peas Fruit Choices Milk %	WG Popcorn Chicken * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk%
WG Chicken Tenders* Sweet Potato Tots Baked Beans Fruit Choices Milk %	WG Macaroni & Cheese*% Seasoned Broccoli Dragon Punch Fruit Choices Milk %	WG French Toast Sticks*^ Sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %	Pizza Hut Pizza *% Fresh Veggies w/Ranch^% Fruit Choices Milk %	NATIONAL HUMMUS DAY Cheeseburger on a bun **% Oven Baked Fries Carrots & Celery w/hummus Fruit Choices Milk%
WG Mozzarella Sticks w/ Marinara Green Beans Dragon Punch Fruit Choices Milk %	WG Chicken Nuggets* Steamed Broccoli Carrot Coins Fruit Choices Milk %	Fiestada *% Sweet Corn Refried Beans Fruit Choices Milk %	Dominos Pizza *% Leafy Green Salad w/chic peas Fruit Choices Milk %	Meatball Dunkers*% Fresh Veggies w/Ranch^% Tater Tots Fruit Choices Dinner Roll* Milk %
Chef's Choice (different choices are possible for each lunch line) Vegetable Choices Fruit Choices Milk %	Chef's Choice Vegetable Choices Fruit Choices Milk %	Chef's Choice Vegetable Choices Fruit Choices Milk %	LAST DAY OF SCHOOL PICNIC LUNCH FOR ALL STUDENTS	

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