



Powers Elementary 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	ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide	Lunch price includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.	May 6th is School Lunch Hero Day Celebrate the Lunch Ladies the best way you know how!	FIELD DAYS May 19th & May 23rd 
2 Toasted Cheese Sandwich*% or Hamburger on a bun* Baked Beans Smiley Fries Fruit Choices Milk	3 Breakfast Bowl^% or Maxi Breadsticks *% w/marinara Wango Mango Juice Hash Brown Fruit Choices Milk %	4 Nachos w/beef, cheese %, tortilla chips or Soft Taco*% Refried Beans Sweet Corn Fruit Choices Milk%	5 Pizza Hut Pizza*% Leafy Green Salad w/chick peas Fruit Choices Milk%	6 WG Chicken Nuggets * or Turkey and Gravy **^ Baby Carrots w/Ranch^% Mashed Potatoes % Dinner Roll* Fruit Choices Milk %
9 Hot Dog on a Bun* or WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %	10 WG Chicken Tenders * or Uncrustable *! Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk%	11 "MINI DAY" Mini Corn Dogs *^ or Mini Quesadillas *% Comet Star Fries Dragon Punch Fruit Choices Milk %	12 Dominos Pizza *% Broccoli & Cauliflower w/hummus Fruit Choices Milk %	13 French Toast Bites**^ w/sausage or WG Chicken Nuggets**^ Wango Mango Juice Hash Brown Fruit Choices Milk%
16 WG Spiral Pasta Noodles* w/meatsauce or Chicken Patty on a bun* Seasoned Green Beans Edamame Fruit Choices Milk %	17 Double Stuffed Crust Pizza*% or WG Chicken Nuggets**^ Sweet Corn Dragon Punch Fruit Choices Milk %	18 Macaroni & Cheese *% or Sloppy Joes on a WG Bun* Baby Carrots w/Ranch^% Steamed Broccoli Fruit Choices Milk %	19 Pizza Hut Pizza *% Leafy Green Salad Wango Mango Juice Fruit Choices Milk %	20 WG Corn Dog* or WG Chicken Tenders* Smiley Fries Baked Beans Fruit Choices Milk %
23 Hot Dog on a Bun* Vegetable Choices Fruit Choices Milk%	24 Chef's Choice (different choices are possible for each lunch line) Vegetable Choices Fruit Choices Milk %	25 Chef's Choice (different choices are possible for each lunch line) Vegetable Choices Fruit Choices Milk %	26 LAST DAY OF SCHOOL Dominos Pizza *% Vegetable Choices Fruit Choices Milk %	

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
