








Nord Middle School September 2022 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>29</p> <p>Toasted Cheese Sandwich**% Seasoned Broccoli <i>SideKick Smoothie</i> Fruit Choices Milk%</p> 	<p>30</p> <p>Mozzarella Sticks **% w/marinara Wango Mango Juice Fruit Choices Milk %</p>	<p>31</p> <p>Beefy Cheesy Nachos% Sweet Corn Refried Beans Fruit Choices Milk%</p>	<p>September 1</p> <p>Domino's Pizza **% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p> 	<p>September 2</p> <p>WG Chicken Nuggets * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk %</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>
<p>5</p> 	<p>6</p> <p>BBQ Rib Sandwich * Seasoned Broccoli Dragon Punch Fruit Choices Milk %</p>	<p>7</p> <p>French Toast Sticks** w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p>8</p> <p>Pizza Hut Pizza**% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p> 	<p>9</p> <p>Hot Dog on a Bun* Tater Tots Baked Beans Fruit Choices Milk%</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>12</p> <p>WG Macaroni & Cheese**% w/roll* Steamed Broccoli Wango Mango Juice Fruit Choices Milk%</p>	<p>13</p> <p>Chicken Patty on a bun* Green Beans Edamame Fruit Choices Milk%</p>	<p>14</p> <p>WG Chicken Quesadillas**% w/salsa <i>SideKick Smoothie</i> Fruit Choices Milk %</p> 	<p>15</p> <p>Domino's Pizza **% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p> 	<p>16</p> <p>WG Mini Pancake Wraps**%^ Hash Brown Dragon Punch Fruit Choices Milk%</p>	<p>ALLERGENS: * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> <i>These are ONLY a guide</i></p>
<p>19</p> <p>Staff Inservice Day No School</p>	<p>20</p> <p>WG Corn Dog* Dragon Punch Steamed Broccoli Fruit Choices Milk %</p>	<p>21</p> <p>Cheeseburger on a Bun**% Baked Beans Oven Baked Fries Fruit Choices Milk %</p>	<p>22</p> <p>Romeo's Pizza **% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>23</p> <p>WG Popcorn Chicken * Seasoned Green Beans Mashed Potatoes % Fruit Choices Milk%</p>	<p>Visit www.payschoolscentral.com to apply for Free or Reduced-price Meals, or to add funds to your student's account.</p> <p>All students must know their 6-digit Student Number when going through the cafeteria lines.</p>
<p>26</p> <p>Sloppy Joe on a Bun**% Baked Beans Tater Tots Fruit Choices Milk %</p> 	<p>27</p> <p>WG Chicken Tenders* Green Beans Edamame Fruit Choices Milk%</p>	<p>28</p> <p>WG Waffles** Sausage Links Hash Brown Wango Mango Juice Fruit Choices Milk% Fruit Crisp*</p>	<p>29</p> <p>Pizza Hut Pizza**% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>30</p> <p>Soft Tacos* w/lettuce & cheese% Refried Beans Sweet Corn Fruit Choices Milk%</p>	<p>Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines. Milk a la carte costs \$.50.</p>

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Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs: deanne_kelbley@amherstk12.org