






Powers Elementary September 2022 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p style="text-align: right;">29</p> <p>Hot Dog on a Bun* Seasoned Broccoli <i>SideKick Smoothie</i> Fruit Choices Milk%</p> 	<p style="text-align: right;">30</p> <p>Mozzarella Sticks *% w/marinara Wango Mango Juice Seasoned Green Beans Fruit Choices Milk %</p>	<p style="text-align: right;">31</p> <p>Beefy Cheesy Nachos% Sweet Corn Refried Beans Fruit Choices Milk% Jello</p>	<p style="text-align: center;">September 1</p> <p>Pizza Hut Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %</p> 	<p style="text-align: center;">September 2</p> <p>WG Pancakes*^% Sausage Links Hash Brown Wango Mango Juice 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> <hr/> <p>All students must know their 6-digit Student Number when going through the cafeteria lines.</p>
 <p style="text-align: right;">5</p>	<p style="text-align: right;">6</p> <p>WG Chicken Tenders * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk %</p>	<p style="text-align: center;">"MINI DAY"</p> <p>Mini Corn Dogs *^ Comet Star Fries Dragon Punch Fruit Choices Milk %</p>	<p style="text-align: right;">8</p> <p>Dominos Pizza *% Broccoli & Cauliflower w/hummus Fruit Choices Milk %</p> 	<p style="text-align: right;">9</p> <p>French Toast Bites*^ w/sausage Wango Mango Juice Hash Brown Fruit Choices Milk%</p>	<p><i>Lunch price of \$3.35 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>
<p style="text-align: right;">12</p> <p>Chicken Patty on a bun* Seasoned Green Beans Edamame Fruit Choices Milk %</p>	<p style="text-align: right;">13</p> <p>Double Stuffed Crust Pizza*% Sweet Corn Dragon Punch Fruit Choices Milk %</p>	<p style="text-align: right;">14</p> <p>Macaroni & Cheese *% Baby Carrots w/Ranch^% Steamed Broccoli Fruit Choices Milk % Cookie*%^</p>	<p style="text-align: right;">15</p> <p>Romeo's Pizza *% Leafy Green Salad Wango Mango Juice Fruit Choices Milk %</p>	<p style="text-align: right;">16</p> <p>WG Corn Dog* Smiley Fries Baked Beans Fruit Choices Milk %</p>	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>
<p style="text-align: right;">19</p> <p>Staff Inservice Day No School</p>	<p style="text-align: right;">20</p> <p>Hamburger on a Bun* Smiley Fries Baked Beans Fruit Choices Milk %</p>	<p style="text-align: right;">21</p> <p>Nachos w/beef, cheese %, tortilla chips Refried Beans Sweet Corn Fruit Choices Milk %</p>	<p style="text-align: center;">NATIONAL STATES & CAPITALS DAY</p> <p>Pizza Hut Pizza*% Leafy Green Salad w/chickpeas Fruit Choices Milk%</p> 	<p style="text-align: right;">23</p> <p>WG Chicken Nuggets * Baby Carrots w/Ranch^% Mashed Potatoes % Dinner Roll* Fruit Choices Milk % Jello</p>	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>
<p style="text-align: right;">26</p> <p>Toasted Cheese Sandwich*% Seasoned Broccoli <i>SideKick Smoothie</i> Fruit Choices Milk%</p> 	<p style="text-align: right;">27</p> <p>Mozzarella Sticks *% w/marinara Wango Mango Juice Seasoned Green Beans Fruit Choices Milk % Pudding%</p>	<p style="text-align: right;">28</p> <p>WG Pancakes*^% Sausage Links Hash Brown Wango Mango Juice Fruit Choices Milk%</p>	<p style="text-align: right;">29</p> <p>Dominos Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %</p>	<p style="text-align: right;">30</p> <p>WG Popcorn Chicken Mashed Potatoes Seasoned Green 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>

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