

Nord Middle October 2022 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<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>National School Lunch Week Show us your favorite School Lunches on Twitter! #NSLW22 #PeaceLoveSchoolLunch Tag @SNS_Amherst Tag @SchoolLunch</p>				
3	4	5	6	7	<p>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.</p>
<p>Cheeseburger on a bun* or Hot Dog on a bun * Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>Pancake Bites*%^ Dragon Fruit Punch Hash Brown Fruit Choices Milk %</p>	<p>WG Macaroni & Cheese*% w/WG soft pretzel* or Toasted Cheese*% Steamed Broccoli Edamame Fruit Choices Milk %</p>	<p>Domino's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>Beef & Cheese Burrito*% or Soft Taco*% Refried Beans w/cheese% Sweet Corn Fruit Choices Milk %</p>	
10	11	12	13	14	
NATIONAL SCHOOL LUNCH WEEK - PEACE, LOVE & SCHOOL LUNCH					
<p>Chicken Patty on a bun* or Corn Dog* Green Beans Oven Fries Fruit Choices Milk %</p> 	<p>Fiestadas *% Sweet Corn Refried Beans Fruit Choices Milk %</p> 	<p>WG Chicken Tenders*^ or Uncrustable *! Cauliflower & Broccoli w/Ranch%^ Sweet Potato Tots Fruit Choices Milk %</p> 	<p>Romeo's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p> 	<p>NEOEADAY NO SCHOOL</p> 	<p>ALLERGENS: * = gluten ^ = egg % = dairy ! = peanut <i>These are ONLY a guide</i></p>
17	18	19	20	21	<p>Please visit www.payschoolscentral.com to add money to your child's account, view what they are buying, and to complete the Free & Reduced-price Application.</p>
<p>Pepp. French Bread Pizza*% or Fiestada*% Steamed Broccoli Edamame Fruit Choices Milk %</p>	<p>WG Popcorn Chicken * Sweet Potato Fries Baked Beans Fruit Choices Milk %</p>	<p>Mozzarella Sticks*% w/marinara sauce or Beef & Cheese Burrito*% Seasoned Green Beans Fruit Choices Milk %</p>	<p>Pizza Hut Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>Cheeseburger on a bun* w/lettuce, tomato & pickles or Hot Dog on a bun* Sweet Corn Tater Tots Fruit Choices Milk %</p>	
24	25	26	27	28	<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>
<p>Taco Wedges *% or Pulled Pork Sandwich* Sweet Corn Sliced Cucumbers Fruit Choices Milk %</p>	<p>Maxi Cheese Stix w/marinara sauce Carrots & Celery w/Ranch%^ Fruit Choices Milk %</p>	<p>Chicken Patty on a bun* or BBQ Rib Sandwich * w/side of Cole Slaw & Pickles Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>Domino's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>Loaded Nachos (tortilla chips, beef, cheese%, lettuce, & salsa) Refried Beans Fruit Choices Milk%</p>	
31	November 1	November 2	November 3	November 4	<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>
<p>HALLOWEEN "Ghostly" Chicken Nuggets* "Cosmic" Comet Star Fries "Scaredy Cat" Corn "Spooky" Shape Up Treat "Monster" Milk%</p>	<p>Pancake Bites*%^ Dragon Fruit Punch Hash Brown Fruit Choices Milk %</p>	<p>WG Macaroni & Cheese*% w/WG soft pretzel* or Toasted Cheese*% Steamed Broccoli Edamame Fruit Choices Milk %</p>	<p>Romeo's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>Cheese Quesadilla *% or Soft Taco*% Salsa Sweet Corn 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