

Nord Middle School March 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	March 1 1803	March 2	March 3
WG Chicken Patty on a WG Bun* or WG Mini Corn Dogs *^ Oven Baked Fries Baked Beans Fruit Choices Milk %	WG French Bread Pizza*% Steamed Carrots Seasoned Green Beans Fruit Choices Milk%	OHIO BECAME A STATE - 1803 WG Macaroni & Cheese*% or WG Fish Sticks* Steamed Broccoli, Wango Mango Juice, Fruit Choices Milk % States & Capitals Cookies*%^	Dr. Seuss' Birthday Domino's Pizza *% Leafy Green Salad w/ chickpeas Fruit Choices Milk % PRIZE WITH LUNCH!	Soft Beef Taco* or Toasted Cheese Sandwich*% Refried Beans w/cheese% Sweet Corn Fruit Choices Milk %
6	7	8	9	10
Cheeseburger on a WG Bun*% or Hot Dog on a WG Bun* Baked Beans Dragon Punch Juice Fruit Choices Milk %	WG Chicken Patty on a WG Bun* Oven Baked Fries Edamame Fruit Choice Milk %	WG Chicken Tenders* or Meatball Dunkers w/WG breadstick* Baby Carrots & Celery Sticks w/ hummus Fruit Choice Milk %	Romeo's Pizza *% Leafy Green Salad Fruit Choices Milk %	Fish Sandwich*% or WG Mozzarella Sticks*% w/marinara sauce Fresh Veggies w/Ranch^% Fruit Choices Milk %
13	14	15	16	17
WG Chicken Nuggets * or WG PB&J Uncrustable *! Seasoned Green Beans Baked Beans Fruit Choices Milk %	TACO TUESDAY Soft Tacos* (w/beef & cheese%) Lettuce & Diced Tomatoes Refried Beans Fruit Choices Milk%	WG Mini Corn Dogs *^ or Pulled Pork on a WG Bun* Steamed Broccoli Dragon Punch Fruit Choices Milk %	Pizza Hut Pizza *% Celery Sticks & Pepper Strips w/hummus Fruit Choices Milk % St. Patrick's Day Treat	
20	21	22	23	24
WG Chicken Patty on a WG Bun* or WG Mini Corn Dogs *^ Oven Baked Fries Baked Beans Fruit Choices Milk %	WG French Bread Pizza*% Steamed Carrots Seasoned Green Beans Fruit Choices Milk%	Breakfast Sandwich (egg^, cheese% & ham on an English Muffin*) or WG Pancakes* w/ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %	Domino's Pizza *% Leafy Green Salad w/ chickpeas Fruit Choices Milk %	WG Chicken Quesadilla *% Toasted Cheese Sandwich *%^ Tomato Soup Steamed Broccoli Fruit Choices Milk %
27	28	29	30	31
Cheeseburger on a WG Bun*% or Hot Dog on a WG Bun* Baked Beans Tater Tots Fruit Choices Milk %	WG Chicken Nuggets* WG Dinner Roll* Edamame Hash Brown Potatoes Fruit Choices Milk %	WG Fiestada *% WG Pasta Noodles w/meatsauce Seasoned Green Beans Fruit Choices Milk%	Romeo's Pizza *% Leafy Green Salad Fruit Choices Milk %	WG Chicken Tenders* or Fish Sandwich*% Oven Baked Fries Baby Carrots Fruit Choices Milk %
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.	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH	March is National Nutrition Month! Go to www.choosemyplate.gov for fun activities, and tools for a healthy lifestyle.	ALLERGENS: * = gluten ^ = egg % = dairy != peanut These are ONLY a guide	Nord has a la carte options for students to purchase during lunch time. All extras comply with the Federal Smart Snack Guidelines.

This institution is an equal opportunity provider
 Email Deanne Kelblev, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs:
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