

## Nord Middle School May/June 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>	<i>Lunch price of \$3.35 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>	<b>ALLERGENS:</b> * = gluten ^ = egg % = dairy ! = peanut These are <b>ONLY</b> a guide	 <b>is May 5th! Celebrate the Lunch Ladies by drawing them a picture!</b>	<b>FIELD DAYS</b> May 30th & May 31st  <b>GRAB &amp; GO LUNCH:</b> PB&J (or other sandwich for those with allergies), Veggies Fruit and Milk
1 WG Chicken Nuggets* or Sloppy Joe on a WG Bun* Baked Beans Steamed Broccoli Fruit Choices Milk %	2 Chicken /Cheese Quesadilla*% w/ Marinera sauce Sweet Potato Fries Seasoned Green Beans Fruit Choices Milk%	3 WG Chicken Patty on WG Bun* or WG Mini Corn Dogs* Oven Baked Fries Edamame Fruit Choices Milk %	4 Pizza Hut Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %	<b>CINCO DE MAYO</b> WG Fiestada *% or Soft Taco w/ Beef & Cheese*% Lettuce & Diced Tomatoes Refried Beans w/cheese% Fruit Choices Milk% English & Spanish Cookies*%^
8 WG Chicken Tenders* or Hot Dog on a WG Bun* Sweet Potato Tots Baked Beans Fruit Choices Milk %	9 WG Macaroni & Cheese*% Seasoned Broccoli Dragon Punch Fruit Choices Milk %	10 WG French Toast Sticks*^ or WG Pancakes*^ Sausage Links Wango Mango Juice Hash Brown Fruit Choices Milk %	11 Dominos Pizza *% Fresh Veggies w/Hummus Fruit Choices Milk %	12 Cheeseburger on a WG Bun *% or Grilled Cheese Sandwich*% Oven Baked Fries Carrots & Celery Fruit Choices Milk%
15 WG Mozzarella Sticks*% w/ Marinara sauce or Uncrustable (PB&J)*! Edamame Dragon Punch Fruit Choices Milk %	16 WG Chicken Nuggets* Steamed Broccoli Carrot Coins Fruit Choices Milk %	17 WG Chicken Tenders* or Sloppy Joe on WG Bun* Sweet Corn Smiley Fries Fruit Choices Milk%	18 Romeo's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %	19 WG Sprial Pasta Noodles* w/Meatballs*% Fresh Veggies w/Ranch^% Seasoned Green Beans Fruit Choices Milk %
22 WG Chicken Patty on WG bun*% or WG Mini Corn Dogs*^ Sweet Potato Tots Sugar Snap Peas Fruit Choices Milk%	23 Breakfast Sandwich (egg^, cheese%, & ham on an English Muffin*) Wango Mango Juice Hash Brown Fruit Choices Milk %	24 WG Popcorn Chicken* or BBQ Rib Sandwich on WG Bun* Starz Fries Baked Beans Fruit Choices Milk%	25 Pizza Hut Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %	26 Loaded Nachos (tortilla chips, taco meat cheese%, salsa, lettuce) Refried Beans w/cheese% Fruit Choices Milk%
	30 Chef's Choice (different choices are possible for each lunch line) Vegetable Choices Fruit Choices Milk %	31 Chef's Choice (different choices are possible for each lunch line) Vegetable Choices Fruit Choices Milk %	June 1 Dominos Pizza *% Vegetable Choices Fruit Choices Milk %	