







Powers Elementary September 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
28	29	30	31	September 1	Visit www.payschoolscentral.com to apply for Free or Reduced-price Meals, or to add funds to your student's account.
Hot Dog on a Bun* Seasoned Broccoli <i>SideKick Smoothie</i> Fruit Choices Milk% 	WG Pancakes**^% Sausage Links Hash Brown Wango Mango Juice Fruit Choices Milk%	Beefy Cheesy Nachos% Sweet Corn Refried Beans Fruit Choices Milk% Jello	Pizza Hut Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk % 	Mozzarella Sticks *% w/marinara Wango Mango Juice Seasoned Green Beans Fruit Choices Milk %	All students must know their 6-digit Student Number when going through the cafeteria lines.
4	5	6	7	8	<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>
	French Toast Bites**^ w/sausage Wango Mango Juice Hash Brown Fruit Choices Milk%	"MINI DAY" Mini Corn Dogs **^ Comet Star Fries Dragon Punch Fruit Choices Milk %	Dominos Pizza *% Broccoli & Cauliflower w/hummus Fruit Choices Milk % 	WG Chicken Tenders * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk%	
11	12	13	14	15	ALLERGENS: * = gluten ^ = egg % = dairy != peanut These are ONLY a guide
Chicken Patty on a bun* Seasoned Green Beans Edamame Fruit Choices Milk %	Double Stuffed Crust Pizza*% Sweet Corn Dragon Punch Fruit Choices Milk %	Macaroni & Cheese *% Baby Carrots w/Ranch^% Steamed Broccoli Fruit Choices Milk % Cookie*%^	Romeo's Pizza *% Leafy Green Salad Wango Mango Juice Fruit Choices Milk %	WG Corn Dog* Smiley Fries Baked Beans Fruit Choices Milk %	
18	19	20	21	22	EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH
WG Cheese Ravioli*%^ w/spaghetti sauce Steamed Broccoli Celery Sticks w/Ranch^% Fruit Choices Milk%	Hamburger on a Bun* Smiley Fries Baked Beans Fruit Choices Milk %	Beefy Cheesy Nachos% Sweet Corn Refried Beans Fruit Choices Milk%	Pizza Hut Pizza*% Leafy Green Salad w/chickpeas Fruit Choices Milk% 	NATIONAL STATES & CAPITALS DAY WG Chicken Nuggets * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk % States & Capitals Cookies*%^	
25	26	27	28	29	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.
Toasted Cheese Sandwich*% Seasoned Broccoli <i>SideKick Smoothie</i> Fruit Choices Milk% 	Mozzarella Sticks *% w/marinara Wango Mango Juice Seasoned Green Beans Fruit Choices Milk % Pudding%	WG Pancakes**^% Sausage Links Hash Brown Wango Mango Juice Fruit Choices Milk%	Dominos Pizza *% Fresh Veggies w/hummus Fruit Choices Milk %	WG Popcorn Chicken* Mashed Potatoes % Seasoned Green Beans Fruit Choices Milk%	

This institution is an equal opportunity provider

Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs:

deanne_kelbley@amherstk12.org