








## Nord Middle School September 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p style="text-align: right;">28</p> <p>Toasted Cheese Sandwich*% Seasoned Broccoli <i>SideKick Smoothie</i> Fruit Choices Milk%</p> 	<p style="text-align: right;">29</p> <p>Mozzarella Sticks *% w/marinara Wango Mango Juice Fruit Choices Milk %</p>	<p style="text-align: right;">30</p> <p>Beefy Cheesy Nachos% Sweet Corn Refried Beans Fruit Choices Milk%</p>	<p style="text-align: right;">31</p> <p>Domino's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p> 	<p style="text-align: right;">September 1</p> <p>WG Chicken Nuggets * Baby Carrots w/Ranch^% Mashed Potatoes % Fruit Choices Milk %</p>	<p><b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b></p>
 <p style="text-align: right;">4</p>	<p style="text-align: right;">5</p> <p>BBQ Rib Sandwich * Seasoned Broccoli Dragon Punch Fruit Choices Milk %</p>	<p style="text-align: right;">6</p> <p>French Toast Sticks** w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p style="text-align: right;">7</p> <p>Pizza Hut Pizza*% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p> 	<p style="text-align: right;">8</p> <p>Hot Dog on a Bun* Tater Tots Baked 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>
<p style="text-align: right;">11</p> <p>WG Macaroni &amp; Cheese*% w/roll* Steamed Broccoli Wango Mango Juice Fruit Choices Milk%</p>	<p style="text-align: right;">12</p> <p>Chicken Patty on a bun* Green Beans Edamame Fruit Choices Milk%</p>	<p style="text-align: right;">13</p> <p>WG Chicken Quesadillas*% w/salsa <i>SideKick Smoothie</i> Fruit Choices Milk %</p> 	<p style="text-align: right;">14</p> <p>Domino's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p> 	<p style="text-align: right;">15</p> <p>WG Pancakes *% Sausage Links Hash Brown Dragon Punch Fruit Choices Milk%</p>	<p><b>ALLERGENS:</b> * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> <b>These are ONLY a guide</b></p>
<p style="text-align: right;">18</p> <p>WG Cheese Ravioli**% w/spaghetti sauce Steamed Broccoli Celery Sticks w/Ranch^% Fruit Choices Milk%</p>	<p style="text-align: right;">19</p> <p>WG Corn Dog* Tater Tots Dragon Punch Fruit Choices Milk %</p>	<p style="text-align: right;">20</p> <p>Cheeseburger on a Bun*% Baked Beans Oven Baked Fries Fruit Choices Milk %</p>	<p style="text-align: right;">21</p> <p>Romeo's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p style="text-align: right;">22</p> <p><b>NATIONAL STATES &amp; CAPITALS DAY</b> WG Popcorn Chicken * Seasoned Green Beans Mashed Potatoes % Fruit Choices Milk%</p>	<p>Visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to apply for Free or Reduced-price Meals, or to add funds to your student's account.</p> <p>All students must know their 6-digit Student Number when going through the cafeteria lines.</p>
<p style="text-align: right;">25</p> <p>Sloppy Joe on a Bun*% Baked Beans Tater Tots Fruit Choices Milk %</p> 	<p style="text-align: right;">26</p> <p>WG Chicken Tenders* Green Beans Edamame Fruit Choices Milk%</p>	<p style="text-align: right;">27</p> <p>WG Waffles** Sausage Links Hash Brown Wango Mango Juice Fruit Choices Milk% Fruit Crisp*</p>	<p style="text-align: right;">28</p> <p>Pizza Hut Pizza*% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p style="text-align: right;">29</p> <p>Soft Tacos* w/lettuce &amp; cheese% Refried Beans Sweet Corn Fruit Choices Milk%</p>	<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>

This institution is an equal opportunity provider

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