

Powers Elementary October 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>National School Lunch Week Show us your favorite School Lunches on Twitter! #NSLW23 #LevelUpWithSchoolLunch Tag @SNS_Amherst Tag @SchoolLunch</p>					<p>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</p>
<p>Hot Dog on a Bun * Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>WG Chicken Tenders * Carrot Coins Mashed Potatoes % Fruit Choices Milk%</p>	<p>Mini Corn Dogs ** Comet Star Fries Celery Sticks w/hummus Fruit Choices Milk%</p>	<p>Romeo's Pizza **% Leafy Green Salad Wango Mango Juice Fruit Choices Milk %</p>	<p>Toasted Cheese %^ Seasoned Green Beans Dragon Punch Fruit Choices Milk%</p>	<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>
2	3	4	5	6	
9	10	11	12	13	
START NATIONAL SCHOOL LUNCH WEEK - LEVEL UP WITH SCHOOL LUNCH GAME OVER					
<p>Chicken Patty on a bun* Seasoned Green Beans Edamame Fruit Choices Milk %</p> 	<p>Hamburger on a Bun* Smiley Fries Baked Beans Fruit Choices Milk %</p> 	<p>Macaroni & Cheese **% Steamed Broccoli Fresh Veggies w/Ranch^% Fruit Choices Milk %</p> 	<p>Pizza Hut Pizza **% Leafy Green Salad w/chickpeas Fruit Choices Milk % Jello %</p> 	<p>YOU WIN!</p> <p>No School - NEOEA Day</p>	<p>* = gluten ^ = egg % = dairy ! = peanut These are ONLY a guide</p>
16	17	18	19	20	
<p>French Toast Bites** w/sausage Wango Mango Juice Hash Brown Fruit Choices Milk%</p>	<p>Double Stuffed Crust Pizza**% Edamame Dragon Punch Fruit Choices Milk %</p>	<p>Nachos w/beef, cheese %, & tortilla chips Refried Beans Sweet Corn Fruit Choices Milk %</p>	<p>Domino's Pizza **% Fresh Veggies w/hummus Fruit Choices Milk %</p>		<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>
23	24	25	26	27	
<p>WG Popcorn Chicken* Comet Star Fries Seasoned Green Beans Fruit Choices Milk %</p>	<p>WG Mozzarella Sticks**% w/marinara sauce Refried Beans Sweet Corn Fruit Choices Milk%</p>	<p>WG Corn Dog* Sweet Potato Tots Baked Beans Fruit Choices Milk%</p>	<p>Romeo's Pizza **% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>Fish Shapes% Oven Fries Steamed Broccoli 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>
30	31	November 1	November 2	November 3	
<p>Hot Dog on a Bun * Baked Beans Curly Fries Fruit Choices Milk %</p>	<p>HALLOWEEN "Ghostly" Chicken Nuggets* "Magic" Mashed Potatoes "Scaredy Cat" Corn "Freaky" Fruit "Pirate" Pudding% "Monster" Milk%</p>	<p>Mini Corn Dogs ** Comet Star Fries Celery Sticks w/hummus Fruit Choices Milk%</p>	<p>Pizza Hut Pizza **% Leafy Green Salad w/chickpeas Fruit Choices Milk %</p>	<p>Toasted Cheese %^ Seasoned Green Beans Dragon Punch Fruit Choices Milk%</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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