

Nord School October 2024 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
30	October 1	October 2	October 3	October 4	<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> EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH
Toasted Cheese Sandwich*% Seasoned Green Beans Edamame Fruit Choices Milk%	WG French Toast Sticks*^ w/sausage links Wango Mango Juice Hash Brown Fruit Choices Milk %	BBQ Rib Sandwich * Pickles Coleslaw Seasoned Broccoli Fruit Choices Milk %	Pizza Hut Pizza*% Leafy Green Salad w/chickpeas Fruit Choices Milk % Fruit Crisp*	Hot Dog on a Bun* Tater Tots Baked Beans Fruit Choices Milk%	
7	8	9	10	11	ALLERGENS: * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> ! = <i>peanut</i> <i>These are ONLY a guide</i>
Chicken Patty on a Bun* or WG Corn Dog* Green Beans Smiley Fries Fruit Choices Milk % 	WG Fiestada *% Sweet Corn Refried Beans Fruit Choices Milk %	WG Chicken Tenders*^ or Uncrustable *! Cauliflower & Broccoli w/Ranch%^ Sweet Potato Tots Fruit Choices Milk %	Domino's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %	NO SCHOOL NEOEADAY 	
14	15	16	17	18	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. 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.
NATIONAL SCHOOL LUNCH WEEK - SCHOOL LUNCH PIRATES! FIND YOUR TREASURE!					
WG Pepperoni Calzone*% or WG Fiestada*% Steamed Broccoli Edamame Fruit Choices Milk % 	WG Star Chicken Nuggets* Comet Star Fries Baked Beans Fruit Choices Milk % 	WG Mozzarella Sticks*% w/marinara sauce or WG Cheese Quesadilla *% w/salsa Leafy Green Salad Fruit Choices Milk % 	Romeo's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk % Pudding w/ Topping % 	WG Fish Sticks* or WG Popcorn Chicken* Seasoned Green Beans Mashed Potatoes Fruit Choice Milk % 	
21	22	23	24	25	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.
WG Taco Wedges *% or Pulled Pork Sandwich* Sweet Corn Smiley Fries Fruit Choices Milk %	WG Tangerine Orange Chicken w/side of rice Sugar Snap Peas Dragon Punch Juice Fruit Choices Milk %	Chicken Patty on a bun* or BBQ Rib Sandwich * Cole Slaw Baked Beans Pickles Fruit Choices Milk%	Pizza Hut Pizza*% Leafy Green Salad w/chickpeas Fruit Choices Milk % Fruit Crisp*	Loaded Nachos (tortilla chips, beef, cheese%) Refried Beans Fruit Choices Milk%	
28	29	30	31	November 1st	National School Lunch Week Show us your favorite School Lunches on Twitter & Instagram! #NSLW24 #SchoolLunchPirates Tag @SNS_Amherst Tag @SchoolLunch
WG French Toast Sticks *% [^] or WG Pancakes *^ Sausage Links Dragon Fruit Punch Hash Brown Fruit Choices Milk %	Cheeseburger on WG Bun*% Pickles Tater Tots Seasoned Green Beans Fruit Choices Milk%	"Batty" WG Chicken Nuggets* "Magic" Mashed Potatoes "Scaredy Cat" Salad "Freaky" Fruit "Pirate" Pudding% "Monster" Milk%	HALLOWEEN Domino's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk %	WG Macaroni & Cheese*% w/WG soft pretzel* or WG Mini Corn Dogs * Celery Sticks w/hummus Fruit Choices	

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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