

# Welch High School

## Lunch Menu

December 2017

Pizza\*\* (MWF) is the second choice Hamburger/bun (T/Th); low fat chicken patty and main dish choice are available each day.

1) Pull apart cheesy bread\*/\*\*  
Lima beans/pineapple

4) Grilled Chicken Caesar salad  
Grape tomatoes/  
cucumbers/peaches

5) Chicken Nuggets  
M. Potatoes/strawberries

6) Beef Stew/roll\*  
corn/applesauce

7) Hot Dog\*  
French fries/peaches

8) Cheese filled  
bread sticks(2)\*/\*\*  
Lima beans/pears



13) Spaghetti w/meat sauce  
mixed vegetables/m. oranges

14) French Toast Sticks and  
Sausage  
Green beans/warm apple slices

15) Pull apart cheesy bread\*/\*\*  
Peas /pineapple

18) Ham slice, Au  
Gratin Potatoes, **Treat  
w/Lunch**

Green beans/m. oranges  
19) Chicken Nuggets  
M potatoes/peaches

\*Whole Grain Bun/Bread  
\*\*Reduced fat

11) Wet Burrito\*  
Refried beans/pears

12) Chicken Smackers  
M. Potatoes/peaches

## HAPPY HOLIDAYS

\*Whole Grain Bun/Bread  
\*\* Reduced fat

### What Comes with the Meal

In addition to the main dish; the following items will be available: Lettuce, salad dressings, plus one vegetable, one fruit and a ½ pint of milk with the choice of homogenized white, 1% white or ff chocolate is included with the lunch. This menu is subject to changes.

Lunch prices: Students\$ 2.55 / Staff and Adults \$ 3.80  
Milk is available for purchase without a lunch for \$ .35 per ½ pint.

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