

Welch High School

Lunch Menu

August/September 2017

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

Aug 23) Walking Taco

Diced tomatoes/corn/M. oranges

24) French Toast Sticks/sausage

Green Beans/warm apple slices

25) Cheese Filled Bread

Sticks** Lima beans/pineapple

28) School Made Gilled Cheese

tomato soup, crackers/mixed fruit

29) Chicken Nuggets

Mashed potatoes/**Fresh peaches**

30) Mini Corn Dogs

Green beans/M. oranges

31) Burger Bowl

corn/pears

Sept 1) NO SCHOOL

4) Labor Day- NO SCHOOL

5) Chicken Nuggets

Mashed potatoes/peaches

6) Macaroni & Cheese

Cooked baby carrots/mixed fruit

7) Hot Dog/bun*

>Welcome back cookie with lunch!

French fries/pears

8) Cheese Filled Bread Sticks**

Lima beans/pineapple

11) Wet Burrito

Refried beans/pears

12) Chicken Nuggets**

Mashed potatoes/peaches

13) Meat Sauce on Spaghetti Mt.

Mixed vegetables/pears

14) Chicken Fajita

corn/fresh kiwi

15) Cheese Filled Bread

Sticks**

Peas/pineapple

18) Chef's Salad

Grape tomatoes/cucumbers/applesauce

19) Chicken Nuggets**

Mashed potatoes/peaches

20) Sloppy Joe/WG Bun

G. beans/pears

21) Italian Sub.*

French fries/mixed fruit

22) Cheese Filled Bread

Sticks** Lima beans/m. oranges

25) Teriyaki Chicken Asian Bowl

Broccoli/m.oranges

26) Chicken Nuggets**

Mashed potatoes/peaches

27) Chile Con Carne

Corn/pears

28) Breaded Chicken Patty/bun

Green beans/pineapple

29) Cheese Filled Bread

Sticks**Lima beans/mixed fruit

* Multi 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 or two of either fruit or vegetable and bread and butter; and a ½ pint of milk with the choice of skim white, 1% white or chocolate is included with the lunch. This menu is subject to changes. All children at Welch eat Free – USDA grant.

Staff and Adults \$ 3.90;Milk is available for purchase with out a lunch for \$.35 per ½ pint.

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