

Welch High School

Lunch Menu

October 2017

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

- 2) Wet Burrito
Broccoli/mixed fruit
- 3) Chicken Nuggets**
M. Potatoes/Fresh Kiwi
- 4) COMMONS PIZZA
corn/peaches
- 5) Burger Bowls
potatoes/applesauce
- 6) Cheese Filled Bread Sticks*/**
Lima beans/pizza sauce/pears
- 9) School Made Grilled Cheese*
tomato Soup/pears
- 10) NEW_ Chicken Smacker Shakers*
M. Potatoes/Mixed fruit
- 11) Spaghetti w/Meat Sauce
Mixed vegetables/pineapple
- 12) Mini Corn Dogs (6)
Baked beans/fruit sherbet
- 13) Cheese Filled Bread Sticks*/**
Peas/pizza sauce/pears
- 16) Teriyaki Chicken Asian Bowl
Broccoli/M. oranges
- 17) Chicken Nuggets
M. Potatoes/mixed fruit
- 18) Walking Taco
diced tomatoes/
Corn & black bean relish/pineapple
- 19) Italian Sub
French Fries/Peaches
- 20) Cheese Filled Bread Sticks*/**
Lima beans/pears
- 23) Wet Burrito
Corn/applesauce
- 24) Chicken Nuggets
M. Potatoes/warm apple slices
- 25) Macaroni & Cheese Cooked
carrots/pears
- 26) Taco Salad*
Baked beans/Peaches
- 27) Cheese Filled Bread Sticks
Peas/pizza sauce/pears
- 30) Chicken Caesar Salad
Grape tomatoes cucumbers/applesauce
- 31) Zombie fingers*/**, vampire delight, slime, witch's treat, Frog Spit
*Multi grain Bun/Bread; **Reduced fat items;



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 1% white or ff chocolate is included with the lunch. This menu is subject to changes. **Lunch prices: Students\$ 2.55 / Staff and Adults \$ 3.40 Milk is available for purchase without a lunch for \$.35 per ½ pint**

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