

Welch High School

Lunch Menu

February 2018

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

1) Hot Dog*

Oven fries/peaches

2) Cheese filled bread sticks**

Lima Beans/pears

5) Wet Burrito

Applesauce/refried beans

6) Chicken

Smackers

M. potatoes/pineapple

7) Commons Pizza

Green beans/peaches

8) Chicken Fajita

corn/m. oranges

9) Cheese filled bread

sticks**Peas/mixed fruit

12) School Made Grilled Cheese

Tomato soup/pears

13) Chicken Nuggets

M. potatoes/ peaches

14) Chips n' Cheese-TREAT!

Fresh diced tomatoes/mixed fruit

15) Burger Bowls

Baked beans/ peaches

16) NO SCHOOL

19) NO SCHOOL

20) Chicken Smackers

M. potatoes/peaches

21) Spaghetti/meat

sauce

Mixed Vegetables/pears

22) Hot Dog*

Oven fries/peaches

23) Cheese filled bread sticks**

Lima beans/pineapple

26) Build a Burrito

m. oranges/refried beans

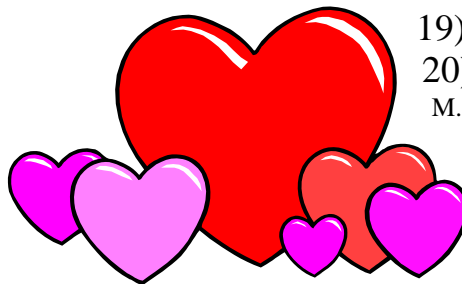
27) Chicken Nuggets

M. potatoes/peaches

Macaroni & Cheese, Please!

Cooked carrots/pears

*Multi Grain Bun **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. Each student may take 3 to 5 of the meal components, but must take three components, including ½ cup veg. or fruit. Meal components consist of meat/meat alt., bread/bread alt., a vegetables and a fruit and milk.

Lunch prices: Students \$ n/a / Staff and Adults \$ 3.80

Milk is available for purchase without a lunch for \$.35 per ½ pint.

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