

Welch High School

Lunch Menu

April 2018

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

Spring Break 2nd – 6th

9) Wet Burrito
Corn/applesauce

10) Chicken Smackers Bowl*
Mashed potatoes/strawberries

11) Macaroni & Cheese
Cooked carrots/mixed fruit

12) Chicken Calzone
Refried beans/pears

13) Cheese Filled
Breadsticks*/**
pizza sauce/peas/applesauce

16) Teriyaki Chicken Asian Bowl
Broccoli/m. oranges

17) Chicken Nuggets*
Mashed potatoes/peaches

18) Sloppy Joe/bun
Green Beans/pineapple

19) Hot Dog/bun*
Tater tots/peaches

20) Cheese filled breadsticks*/**
pizza sauce/lima beans/applesauce

23) Chicken Caesar Salad
Grape tomatoes/cucumbers/pears

24) Chicken Smackers*
Mashed potatoes/peaches

25) Spaghetti w/meat
sauce*

Mixed Vegetables/pineapple

26) Burger Bowl
Green beans/applesauce

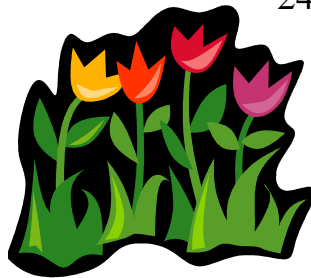
27) Cheese filled

breadsticks */** pizza sauce/lima
beans/mixed fruit

30) Build a Burrito
Corn/applesauce

*Bun/bread-multi grain

**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 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 \$ 2.55 / Staff and Adults \$ 3.70
Milk is available for purchase without a lunch for \$.35 per ½ pint.

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