

# Welch High School

## Lunch Menu

April 2017

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

### Spring Break 3<sup>rd</sup> – 7<sup>th</sup>

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|---|--|---|
| 10) Wet Burrito<br>Corn/applesauce                        |  | 21) Cheese filled breadsticks<br>(3)*/** pizza sauce/peas/applesauce        |
| 11) Chicken Nuggets** Mashed<br>potatoes/strawberries     |  |   |
| 12) Macaroni & Cheese<br>Cooked carrots/mixed fruit       |  | 24) Build A Burrito<br>Corn relish/applesauce                               |
| 13) ½ day no lunches                                      |  | 25) Chicken Nuggets**<br>Mashed potatoes/peaches                            |
| 14) No School   |  | 26) Sloppy Joe/bun<br>Green beans/pineapple                                 |
|   |  | 27) Burger Bowls<br>Mashed potatoes/m. oranges                              |
| 17) Teriyaki Chicken<br>Asian Bowl<br>Broccoli/m. oranges |  | 28) Cheese filled breadsticks<br>(3)*/** pizza sauce/lima beans/mixed fruit |
| 18) Chicken Nuggets**<br>Mashed potatoes/peaches          |  |   |
| 19) Hot Dog/bun<br>Corn/fresh kiwi                        |  | *Bun/bread-multi grain<br>**Reduced Fat                                     |
| 20) Breaded Chicken Patty/bun<br>Baked Beans/pears        |  |   |

### 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 \$ 2.45 / Staff and Adults \$ 3.70**  
**Milk is available for purchase without a lunch for \$ .35 per ½ pint.**

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