

Welch High School

Lunch Menu

March 2018

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

March is Reading Month!

1) Green Eggs & Ham/Biscuit
Potato triangle/peaches

2) Cheese filled bread sticks**
Lima Beans/pears

5) School Made Grilled
Cheese
Tomato soup/pears

6) NEW***Chicken
Smackers Bowl
M. potatoes/pineapple

7) Sloppy Joe
Green beans/strawberry cups

8) Italian Sub
Oven fries/applesauce

9) Cheese filled bread sticks**(2)
lima beans/pears

12) Asian chicken w/ Fried rice
m. oranges/broccoli

13) Chicken Nuggets/
Roll*/ M. potatoes/ peaches

14) Chicken Calzone
Green beans /pineapple

15) Hot Dog*
Oven fries/peaches/baked beans

16) Cheese filled bread sticks**
Spinach/mixed fruit/ **Green Frozen TREAT**

19) Chef's Salad
Grape tomatoes/cucumbers/applesauce

20) Chicken Smackers/ roll*
M. potatoes/peaches

21) Macaroni & Cheese
Cooked baby carrots/mixed fruit

22) Burger Bowl
Corn/m. /pears

23) Cheese filled bread sticks**
peas/peaches

26) Wet Burrito Applesauce/refried beans

27) Chicken Nuggets/Roll*
M. potatoes/peaches

28) Spaghetti w/meat sauce
Mixed veggies/pineapple

29) ½ day – No Lunches

30) No school

***New – chicken smacker bowl-
chicken, m. potatoes, gravy, corn,
cheese and French's onions

*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 chocolate, ff white is included with the lunch. This menu is subject to changes.

Lunch prices: Students\$ 2.55 / Staff and Adults Varies by building.

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

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