



Weld RE3J School District MeadowRidge Lunch Menu

September
2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Macaroni & Cheese Whole Grain Dinner Roll Celery Sticks Baby Carrots Fruit & Vegetable Bar 1% Milk	2 Cheese Pizza Steamed Peas Tomato Slices Fruit & Vegetable Bar 1% Milk
5 No School Today Labor Day	6 Crispy Chicken Nuggets Whole Grain Dinner Roll Baked Beans Cherry Tomato Fruit & Vegetable Bar 1% Milk	7 Corn Dog French Fries Broccoli Salad Fruit & Vegetable Bar 1% Milk	8 Chicken Alfredo Garlic Toast Roasted Cauliflower Romaine Mix Salad Fruit & Vegetable bar 1% Milk	9 Sausage Pizza Steamed Green Beans Celery Sticks Fruit & Vegetable Bar 1% Milk
12 Hamburger on a Bun Golden French Fries Romaine Lettuce Fruit & Vegetable Bar 1% Milk	13 Cheese Bosco Stick Marinara Sauce Steamed Broccoli Red Peppers Fruit & Vegetable Bar 1% Milk	14 Hot Deli Sandwich Steamed Peas Cherry Tomato Fruit & Vegetable Bar 1% Milk	15 Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Corn Baby Carrots Fruit & Vegetable Bar 1% Milk	16 Pepperoni Pizza Roasted Cauliflower Celery Sticks Fruit & Vegetable Bar 1% Milk
19 Hot Dog Golden French Fries Cucumber Ranch Salad Fruit & Vegetable Bar 1% Milk	20 Chicken & Cheese Quesadilla Black Beans Romaine Lettuce Fruit & Vegetable Bar 1% Milk	21 Popcorn Chicken Mashed Potatoes Steamed Corn Fruit & Vegetable Bar 1% Milk	22 Chicken Bacon Ranch Melt Cucumber Slices Steamed Green Beans Fruit & Vegetable Bar 1% Milk	23 Cheese Pizza Glazed Carrots Broccoli Florets Fruit & Vegetable Bar 1% Milk
26 Italian Meatball Sub Kettle Potato Chips Tomato Slices Fruit & Vegetable Bar 1% Milk	27 Chicken Nachos Refried Beans Mango Salsa Fruit & Vegetable Bar 1% Milk	28 Philly Flatbread French Fries Celery Sticks Fruit & Vegetable Bar 1% Milk	29 Italian Pasta Bake Romaine Mix Salad Baby Carrots Fruit & Vegetable Bar 1% Milk	30 Boneless Wings Hot Sauce or BBQ Sauce Celery Sticks Broccoli Florets Vegetable Bar 1% Milk

PRICES

Paid Students	\$2.95
Reduced Students	\$0.40
Adults	\$4.00
Extra Milk	\$0.50

EXTRA INFO

A choice of 1% white or chocolate milk is offered with all meals. A creditable grain is served with all salads. For questions, please contact Mary Carman at mcarman@weld8.org.

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



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