

# WELD RE3J School District MS/HS Lunch Menu

September  
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Macaroni & Cheese Whole Grain Dinner Roll  Celery Sticks Baby Carrots  Turkey Deli Sandwich  Fruit & Vegetable Bar 1% Milk	<b>2</b> Cheese Pizza  Steamed Peas Tomato Slices  Chef Salad  Fruit & Vegetable Bar 1% Milk
<b>5</b> No School Today Labor Day	<b>6</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Baked Beans  Hamburger on a Bun  Turkey Wrap Munchable  Fruit & Vegetable Bar 1% Milk	<b>7</b> Corn Dog French Fries  Cheese Pizza  Chef Salad  Fruit & Vegetable Bar 1% Milk	<b>8</b> Chicken Alfredo Garlic Toast Roasted Cauliflower  Hot Dog  Crispy Chicken Salad  Fruit & Vegetable Bar 1% Milk	<b>9</b> Sausage Pizza Steamed Green Beans  Spicy Chicken Patty on Bun  Yogurt Pak with Pretzel Bites  Fruit & Vegetable Bar 1% Milk
<b>12</b> Hamburger on a Bun Golden French Fries  Pepperoni Pizza  Honey Mustard Ham Wrap  Fruit & Vegetable Bar 1% Milk	<b>13</b> Cheese Bosco Stick Marinara Sauce Steamed Broccoli  Crispy Chicken Sandwich  Yogurt Pak with Bagel  Fruit & Vegetable Bar 1% Milk	<b>14</b> Buffalo Chicken Dip Steamed Peas  Pepperoni Pizza  Turkey Ham Deli Sandwich  Fruit & Vegetable Bar 1% Milk	<b>15</b> Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Corn  Hamburger on a Bun  Turkey BLT Salad  Fruit & Vegetable Bar 1% Milk	<b>16</b> Pepperoni Pizza Roasted Cauliflower  Spicy Chicken Patty on Bun  Beef Taco Salad  Fruit & Vegetable Bar 1% Milk
<b>19</b> Hot Dog Golden French Fries  Cheeseburger on a Bun  Chicken Caesar Salad  Fruit & Vegetable Bar 1% Milk	<b>20</b> Chicken & Cheese Quesadilla Black Beans  Pepperoni Pizza  Ham Deli Sandwich  Fruit & Vegetable Bar 1% Milk	<b>21</b> Popcorn Chicken Mashed Potatoes & Corn  Cheese Bosco Stick  Pizza Munchable  Fruit & Vegetable Bar 1% Milk	<b>22</b> Chicken Bacon Ranch Melt Steamed Green Beans  Uncrustable  Pretzel & Cheese Munchable  Fruit & Vegetable Bar 1% Milk	<b>23</b> Cheese Pizza Glazed Carrots  Crispy Chicken Tenders  Turkey BLT Wrap  Fruit & Vegetable Bar 1% Milk
<b>26</b> Italian Meatball Sub Kettle Potato Chips  Hawaiian Pizza  Chef Salad  Fruit & Vegetable Bar 1% Milk	<b>27</b> Chicken Nachos Refried Beans & Mango Salsa  Uncrustable  Ham Deli Sandwich  Fruit & Vegetable Bar 1% Milk	<b>28</b> Philly Flatbread French Fries  Crispy Chicken Sandwich  Crispy Chicken Salad  Fruit & Vegetable Bar 1% Milk	<b>29</b> Italian Pasta Bake Romaine Mix Salad  Corn Dog  Buffalo Chicken Wrap  Fruit & Vegetable Bar 1% Milk	<b>30</b> Boneless Wings Celery Sticks Hot Sauce or BBQ Sauce  Cheeseburger on a Bun  Caesar Side Salad  Vegetable Bar 1% Milk

## PRICES

Paid Students	\$3.20
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](mailto:mcarman@weld8.org).

## HARVEST OF



## THE MONTH

Menus and nutrition  
our app  
Taher Food4Life®

