

Weld RE3J School District MS/HS Lunch Menu

October
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Breakfast for Lunch Sausage and Tri-Tator</p> <p>Chef Salad</p> <p>Yogurt Parfait Bar</p> <p>Vegetable Bar Fruit Bar</p>	<p>4 HOM - Legumes Frito Chili Pie Mexican Corn</p> <p>Deli Sandwich</p> <p>Chicken Bacon Ranch Melt</p> <p>Vegetable Bar Fruit Bar</p>	<p>5 Cheeseburger on a Bun Golden French Fries</p> <p>Pretzel & Cheese Munchable</p> <p>Deli Sandwich</p> <p>Vegetable Bar Fruit Bar</p>	<p>6 Grilled Cheese Sandwich Tomato Soup</p> <p>Crispy Chicken Salad</p> <p>Chile Bar</p> <p>Vegetable Bar Fruit Bar</p>	<p>7 Cheese Pizza Roasted Italian Vegetables</p> <p>Confetti Ham Pasta Salad</p> <p>Friday Buffet</p> <p>Vegetable Bar Fruit Bar</p>
<p>10 NO SCHOOL</p>	<p>11 HOM - Garlic Pasta with Meat Sauce Green Beans</p> <p>Crispy Chicken Sub</p> <p>Soft Beef Tacos</p> <p>Vegetable Bar Fruit Bar</p>	<p>12 Corn Dog Tater Tots</p> <p>Ham & Cheese Munchable</p> <p>Pizza</p> <p>Vegetable Bar Fruit Bar</p>	<p>13 BBQ Rib Sandwich Steamed Carrots</p> <p>Turkey BLT Wrap</p> <p>Double PB&J</p> <p>Vegetable Bar Fruit Bar</p>	<p>14 NO SCHOOL</p>
<p>17 Hamburger on a Bun French Fries</p> <p>Chicken BLT Salad</p> <p>Macaroni & Cheese Bar</p> <p>Vegetable Bar Fruit Bar</p>	<p>18 TACO TUESDAY Soft Beef Tacos Beans</p> <p>Deli Sandwich</p> <p>Corn Dog</p> <p>Vegetable Bar Fruit Bar</p>	<p>19 HOM - Fig Hot Dog Kettle Potato Chips</p> <p>Pizza</p> <p>Spicy Chicken Patty on Bun</p> <p>Fruit/Vegetable Bar Fig & Pear Salad Fig Newtons</p>	<p>20 Chicken Fried Rice Roasted Broccoli</p> <p>Crispy Chicken Nuggets</p> <p>Ham Wrap</p> <p>Vegetable Bar Fruit Bar</p>	<p>21 LTO - Chef Matthew Currywurst with German Potato Salad</p> <p>Hamburger w/Fries</p> <p>Chef Salad</p> <p>Vegetable Bar Fruit Bar</p>
<p>24 French Toast Sticks Sausage Patty</p> <p>BBQ Rib Sandwich</p> <p>Turkey BLT Salad</p> <p>Vegetable Bar Fruit Bar</p>	<p>25 Chef Noel Burritos Carnitas Burrito</p> <p>Pasta with Meatballs</p> <p>Crispy Chicken Sub</p> <p>Vegetable Bar Fruit Bar</p>	<p>26 Corn Dog Fries</p> <p>Pizza</p> <p>Chef Salad</p> <p>Vegetable Bar Fruit Bar</p>	<p>27 Popcorn Chicken Bowl</p> <p>Chicken Ranch Wrap</p> <p>Ham Deli Sandwich</p> <p>Vegetable Bar Fruit Bar</p>	<p>28 Pork Ramen Noodle Bowl Pickled Relish</p> <p>Pizza</p> <p>Double PB&J</p> <p>Vegetable Bar Fruit Bar</p>
<p>31 Hot Dog Bar Tater Tots</p> <p>Hot Ham Cheese w/ Chips</p> <p>Turkey BLT Salad</p> <p>Vegetable Bar Fruit Bar</p>				

PRICES

Paid Students	\$3.20
Reduced Students	\$0.00
Adults	\$4.00
Extra Milk	\$0.50

EXTRA INFO

A choice of 1% white or chocolate milk is offered. All salads are served with a creditable grain. For questions, please contact Matthew Wallwork, Food Service Director, at mathewwallwork@re3j.com.

HARVEST OF



THE MONTH

Menus and nutrition
our app
TaHer Food4Life®

