



Weld RE3J School District Elementary Lunch Menu

September
2022



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

PRICES	Paid Students	\$2.95
	Reduced Students	\$0.40
	Adult	\$4.00
	Extra Milk	\$0.50

EXTRA INFO

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



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