



Weld RE-3J School District

January
2023

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9 Crispy Chicken Sandwich Ham and Cheese Charcuterie Roasted Broccoli Baby Carrots Diced Peaches Banana 1% Milk	10 Meatloaf Whole Grain Dinner Roll Ham and Cheese Charcuterie Mashed Potatoes Gravy Baby Carrots Mixed Canned Fruit Banana 1% Milk	11 Crispy Chicken Nuggets Whole Grain Dinner Roll Ham and Cheese Charcuterie Baked Beans Baby Carrots Pineapple Tidbits Banana 1% Milk	12 Grilled Ham & Cheese Sandwich Ham and Cheese Charcuterie Tater Tots Baby Carrots Applesauce Banana 1% Milk	13 Pepperoni Pizza Ham and Cheese Charcuterie Peas & Carrots Baby Carrots Diced Pears Banana 1% Milk
16	17 Pasta with Meat Sauce Honey Mustard Ham Wrap Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Pear 1% Milk	18 Chicken Tacos Honey Mustard Ham Wrap Roasted Broccoli Salsa Pineapple Tidbits Fresh Pear 1% Milk	19 Beef Chili Bread Stick Honey Mustard Ham Wrap Potato Wedges Cucumber Slices Applesauce Fresh Pear 1% Milk	20 Pepperoni Pizza Honey Mustard Ham Wrap Steamed Carrots Cucumber Slices Diced Pears Fresh Pear 1% Milk
23 Macaroni & Cheese Cravin Craisin Salad Coleslaw Cherry Tomato Diced Peaches Fresh Apple 1% Milk	24 Beef Hot Dog on a Bun Cravin Craisin Salad Baked Beans Cherry Tomato Mixed Canned Fruit Fresh Apple 1% Milk	25 Orange Chicken Brown Rice Cravin Craisin Salad Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Apple 1% Milk	26 Pancakes Easy Egg Bake Cravin Craisin Salad Potato Wedges Cherry Tomato Applesauce Fresh Apple 1% Milk	27 Pepperoni Pizza Cravin Craisin Salad Roasted Broccoli Cherry Tomato Diced Pears Fresh Apple 1% Milk
30 Cheeseburger on a Bun Ham Deli Sandwich Parsley Potato Baby Carrots Diced Peaches Banana 1% Milk	31 Chicken Alfredo w/Pasta Rip Stick Breadstick Ham Deli Sandwich Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana 1% Milk			

PRICES

Elementary Paid	\$2.95
Secondary Paid	\$3.20
Adult	\$4.00
Extra Milk	\$0.50

EXTRA INFO

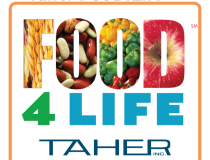
A choice of 1% white or chocolate milk is offered daily. For questions or concerns, please contact Matthew Wallwork, Food Service Director, at matthewwallwork@re3j.com.

HARVEST OF



THE MONTH

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Menus are subject to change without notice. This institution is an equal opportunity provider.