



January 2019 Welch Menu



Student Lunch Free Milk Only \$0.35 Adult Lunch \$3.85

Your lunch includes: An entrée with protein and whole grains, vegetable side dish, fruit side dish, and a choice of milk.
Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal.
Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
		Alternate entrée choices: M,W,F Pizza Tu, Th Hamburger	Fresh Fruit is available daily	
7 Chicken Tenders & Roll Mashed Potatoes Sliced Peaches	8 Chicken Alfredo & Rotini Broccoli Diced Pears	9 Soft Shell Taco Refried Beans Tropical Mixed Fruit	10 Mini Corndogs Goldfish Crackers Golden Corn Pineapple	11 Chicken & Waffles Tator Tots Fruit Cocktail
14 Chicken Quesadilla Seasoned Black Beans Mandarin Oranges	15 Grilled Cheese Tomato Soup Peaches	16 Pull Apart Cheese Bread Green Beans Pears	17 HALF DAY	18 HALF DAY
21 Lasagna Roll Up Garlic Bread Green Beans Tropical Mixed Fruit	22 Chicken Smackers Dinner Roll Mashed Potatoes Pineapple	23 Sloppy Joe on Bun French Fries Fruit Cocktail	24 Hot Diggity Dog Baked Beans Mandarin Oranges	25 Bosco Breadsticks Marinara Sauce Garden Peas Peaches
28 Chicken Nuggets Dinner Roll Mashed Potatoes Pears	29 French Toast Sticks & Sausage Sweet Potato Tots Tropical Mixed Fruit	30 Soft Shell Taco Refried Beans Pineapple	31 Pepperoni Calzone Green Beans Fruit Cocktail	1 Teriyaki Chicken Asian Bowl "Fried" Rice Asian Blend Veggies Mandarin Oranges

A new Free & Reduced Application must be filled out EVERY year! Visit www.lunchapp.com or ask your school office for a paper app!



Questions? Comments?
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or call Food Service
at 527-1731
Tracy Nelson, Food
Service Director



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