

# Wells Jr. High School

## Lunch Menu



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Alternate Choice:</b> Chicken Parm Sandwich Deli Sandwiches	2 <b>Hot Meatball Sub on w/w Roll</b> Steamed Green Beans Raw Carrots & Celery Cucumber Slices Blueberry Cups Cold Milk Choices	3 <b>Baked Ziti w/ Hot Roll</b> Hot Broccoli Chilled Pears Cold Milk Choices	4 <b>Popcorn Chicken</b> Mashed Potato w/Gravy Steamed Corn Chilled Grape Juice Cold Milk Choices	5 <b>Hot Turkey Dog on W/W Roll</b> Crispy Sweet Potato Fries Hot Vegetarian Beans Chilled Fruit Punch Cold Milk Choices	6 <b>Pizza Max Sticks W/ Marinara Sauce</b> Green & Red Pepper Strips Crisp Carrots Fresh Apples Cold Milk Choices
8 <b>Alternate Choice:</b> Chicken or Cheese Quesadilla Deli Sandwiches	9 No School Columbus Day	10 <b>Hot Pretzel w/ Cup of Yogurt</b> Box of Raisins Cucumber Slices Carrots & Celery Sticks Fresh Apples, Milk	11 <b>Chicken Broccoli Alfredo</b> Warm Wheat Roll Garden Salad W/Romaine Steamed Peas Fresh Fruit Cold Milk Choice	12 <b>Taco Haystacks Crisp W/G Tortilla Chips</b> w/Seasoned Beef Shredded Cheese Lettuce & Tomatoes Hot Vegetarian Beans Chilled Peaches, Milk	13 <b>Stuffed Crust Pizza</b> Garden Salad Steamed Carrots & Peas Fresh Orange Smiles Cold Milk Choices
15 <b>Alternate Choice:</b> Chicken Patty on Roll Deli Sandwiches	16 <b>Brunch for Lunch W/W Pancakes w/Syrup</b> Sausage Links Oven Baked Beans Fresh Oranges Wedges Mango Wango Juices Cold Milk Choices	17 <b>Crispy Chicken Nuggets w/ Whole Wheat Roll</b> Mashed Potatoes w/Gravy Steamed Corn Fresh Apple Cold Milk Choices	18 <b>Cheeseburger on W/W Roll</b> Sweet Potato Puffs Fresh Raw Broccoli Chilled Peaches Cold Milk Choices	19 <b>Mozzarella Sticks w/Dipping Sauce</b> Spinach Salad Steamed Green Beans Pineapple Tidbits Cold Milk Choices	20 <b>Big Daddy's Buffalo Chicken Pizza</b> Baby Carrots Red & Green Pepper Strips Cup of Blueberries w/Cream Cold Milk Choices
22 <b>Alternate Choice:</b> Cheeseburger on W/W Roll Deli Sandwiches	23 <b>Chicken Patty on W/W Roll</b> Potato Smiles Vegetarian Beans Chilled Blueberry Cups Cold Milk Choices	24 <b>Spaghetti w/Meat Sauce</b> Warm Wheat Roll Garden Salad Steamed Broccoli Mandarin Oranges Cold Milk Choices	25 <b>Seasoned Grilled Chicken w/ Brown Rice</b> Romaine Salad Red & Green Pepper Strips Cucumber Slices Chilled Grape Juice Cold Milk Choices	26 <b>WG Taco Shell W/ Seasoned Beef</b> Shredded Cheese Lettuce, Tomatoes, Onions Steamed Corn Orange Pineapple Juice Cold Milk Choices	27 <b>"The Max" Cheese Pizza</b> Romaine Salad Carrots & Celery Sticks Steamed Green Beans Chilled Pineapple Tidbits Cold Milk Choices
29 <b>Alternate Choice:</b> Bosco Sticks w/Dipping Sauce Deli Sandwiches	30 <b>Hot Ham &amp; Cheese on Croissant</b> Cinnamon Bug bites "Graham Crackers" Crisp Carrots & Celery Sticks Mango Wango or Dragon Punch Cold Milk Choices	31 <b>Mac &amp; Cheese W/ Whole Wheat Roll</b> Garden Salad Steamed Broccoli Chilled Peaches Cold Milk Choices	<p>ME NU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY</p> <p>This Institution is an equal opportunity provider</p>		<p><b>Lunch Prices</b></p> <p>\$2.75 Elementary K-8 \$3.00 Grades 9-12 \$.40 Reduced K-12 \$4.80 Adult Lunch \$.60 Milk</p>

Choice of milk available daily: 1% white, fat free white, chocolate & strawberry