

# Wells Jr. High School Lunch Menu



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Alternate Choice:</b></p> <p>Chicken Caesar Wrap</p> <p>Deli Sandwiches</p> <p>PBJ &amp; PBF Sandwiches</p>	<p><sup>1</sup> <b>Spicy or Plain Chicken Patty on WW Roll</b> Garden Salad Cucumber Slices Chilled Fruit Punch Fresh Fruit Cold Milk Choices</p>	<p><sup>2</sup> <b>Pulled Pork or Beef Taco Haystacks</b> Shredded Cheese, Chopped Leaf Lettuce, Diced Tomatoes Salsa, Steamed Corn Strawberry Slices, Milk</p>	<p><sup>3</sup> <b>Brunch For Lunch</b> W/W Pancakes w/Syrup Sausage Links Potato Puffs Oven Baked Beans Chilled Orange Juice Cold Milk Choices</p>	<p><sup>4</sup> <b>Corn Dogs</b> Red Potato Wedges Steamed Green Beans Crisp Baby Carrots Fresh Kiwi Cold Milk Choices</p>	<p><sup>5</sup> <b>Fresh Made Pizza Choices</b> (Cheese, Pepperoni) Garden Salad Green &amp; Red Pepper Strips Fresh Apple Cold Milk Choices</p>
<p><b>Alternate Choice:</b></p> <p>Hot Dog on W/W Roll</p> <p>Deli Sandwiches</p> <p>PBJ &amp; PBF Sandwiches</p>	<p><sup>8</sup> <b>Tomato Soup w/ Grilled Cheese on W/W</b> Crisp Carrots &amp; Celery Sliced Apples Wango Mango Juice or Dragon Punch Cold Milk Choices</p>	<p><sup>9</sup> <b>Stir Fry Chicken &amp; Vegetables w/Brown Rice</b> Mini Egg Roll Pineapple Chunks Fortune Cookie, Milk</p>	<p><sup>10</sup> <b>Hot Meatball Sub on W/W Roll</b> Shredded Cheese Crisp Toss Salad w/Romaine Green Pepper Strips Strawberries, Cold Milk Choices</p>	<p><sup>11</sup> <b>Crispy Chicken Nuggets</b> Mashed Potatoes &amp; Gravy Hot Steamed Broccoli Wheat Roll Fresh Kiwi Cold Milk Choices</p>	<p><sup>12</sup> <b>W/G Stuffed Crust Cheese Pizza</b> Tossed Salad w/Romaine Steamed Green Beans Hot Vegetarian Beans Chilled Apple Juice, Milk</p>
<p><b>Alternate Choice:</b></p> <p>Pizza Max Sticks</p> <p>Deli Sandwiches</p> <p>PBJ &amp; PBF Sandwiches</p>	<p><sup>15</sup> <b>Cheeseburger On W/W Roll</b> Green Leaf Lettuce &amp; Tomato Crispy Sweet Potato Fries Chilled Mixed Fruit Chocolate Chip Cookie Cold Milk Choices</p>	<p><sup>16</sup> <b>Hot Pasta w/Meat Sauce or Alfredo Sauce</b> Crisp Garden Spinach Salad W/G Garlic Roll Steamed Peas Chilled Pears Cold Milk Choices</p>	<p><sup>17</sup> <b>Toasted Ham &amp; Cheese on Croissant</b> Crispy Potato Wedges Hot Steamed Broccoli Chilled Grape Juice Cold Milk Choices</p>	<p><sup>18</sup> <b>Buffalo or Plain</b> Chicken Wrap w/Shredded Cheese Grilled Peppers &amp; Onions Garden Salad, Baby Carrots Chilled Apple Juice, Milk</p>	<p><sup>19</sup> <b>Cookout</b> Hamburgers or Hot Dogs Bag of Chips Pasta Salad Carrot &amp; Celery Watermelon Slices Cold Milk Choices</p>
<p><b>Alternate Choice:</b></p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Deli Sandwiches</p> <p>PBJ &amp; PBF Sandwiches</p>	<p><sup>22</sup> <b>Crispy Popcorn Chicken</b> Steamed Brown Rice Steamed Corn Hot Wheat Roll Chilled Sliced Peaches Cold Milk Choices</p>	<p><sup>23</sup> <b>Hard or Soft Tacos</b> Shredded Cheese Lettuce, Tomatoes, Onions Salsa, Sour Cream Hot Vegetarian Beans Chilled Pineapple, Milk</p>	<p><sup>24</sup> <b>American Chop Suey</b> Garden Salad Steamed Carrots W/G Wheat Roll Chilled Grape Juice Cold Milk Choices</p>	<p><sup>25</sup> <b>WG Fish Sticks</b> Mashed Potatoes Steamed Green Beans Fresh Fruit Chilled Juices Cold Milk Choices</p>	<p><sup>26</sup> <b>Cookout</b> Hamburgers or Hotdogs Cole Slaw Cucumber Slices Fresh Fruit Chilled Juice Choices Milk Choices</p>
<p><b>Alternate Choice:</b></p> <p>Tuna Salad on Croissant</p> <p>Deli Sandwiches</p> <p>PBJ &amp; PBF Sandwiches</p>	<p><sup>29</sup> <b>No School</b></p>	<p><sup>30</sup> <b>Home Made Mac &amp; Cheese</b> Garden Salad Steamed Peas Carrots &amp; Celery Fresh Fruit Cold Milk Choices</p>	<p><sup>31</sup> <b>Crispy Mozzarella Sticks w/Dipping Sauce</b> Tossed Salad w/Romaine Steamed Green Beans Fresh Kiwi Slices Cold Milk Choices</p>	<p>This Institution is an equal opportunity provider</p>	<p><b>Lunch Prices:</b> \$2.75 Elementary K-8 \$3.00 Grades 9-12 \$ .40 Reduced K-12 \$4.80 Adult Lunch \$ .60 Milk</p>

Milk Choice available daily: 1% White, Fat Free White, Chocolate & Strawberry

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