



Wells Jr. High School

Lunch Menu



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Alternate Choice:</u> Bosco Sticks w/Dipping Sauce Deli Sandwiches PB&J or PB&F</p>			<p>1 Chicken Noodle Soup W/Grilled Cheese Red & Green Pepper Strips Cucumber Slices Mixed Fruit Cups Cold Milk Choices</p>	<p>2 <u>Brunch For Lunch</u> W/W Pancakes w/Syrup, Sausage Links, Hash Brown Oven Baked Beans Applesauce Chilled Orange Juice Cold Milk Choices</p>	<p>3 <u>French Bread Pizza</u> Garden Salad Steamed Corn Fresh Apple Cold Milk Choices</p>
<p>5 <u>Alternate Choice:</u> Hot Turkey Dog on W/W Roll Deli Sandwiches PB&J or PB&F</p>	<p>6 <u>Crispy Baked Popcorn Chicken</u> Tossed Salad Brown Rice, Steamed Corn Hot Wheat Roll Chilled Sliced Peaches Cold Milk Choices</p>	<p>7 <u>American Chop Suey</u> Whole Wheat Roll Garden Salad Fresh Broccoli Steamed Carrots Blueberry Cups, Milk</p>	<p>8 <u>Teriyaki Chicken w/Brown Rice</u> Stir Fry Vegetables Celery Sticks Bright Orange Smiles Cold Milk Choices</p>	<p>9 <u>Taco Haystacks</u> Crisp W/G Tortilla Chips w/Seasoned Taco Filling Brown Rice Shredded Cheese, Lettuce Tomatoes, Vegetarian Beans Chilled Pineapple, Milk</p>	<p>10 </p>
<p>12 <u>Alternate Choice:</u> Bacon Cheeseburger on W/W Roll Deli Sandwiches PB&J or PB&F</p>	<p>13 <u>Hot Ham & Cheese on Croissant</u> Bag of Chips Carrot & Celery Sticks Cucumber Slices Chilled Pineapple Tidbits</p>	<p>14 <u>Hot Pasta w/Meat Sauce</u> Crisp Garden Spinach Salad W/G Garlic Roll Steamed Peas Chilled Pears Cold Milk Choices</p>	<p>15 <u>Pollock Fish Sticks</u> Whole Wheat Roll Sweet Potato Crinkle Fries Vegetarian Beans Steamed Corn, Fresh Fruit Cold Milk Choices</p>	<p>16 <u>Roasted Turkey Dinner</u> Mashed Potatoes w/Gravy Green Peas Cranberry Sauce, Applesauce Whole Wheat Roll Cold Milk Choices</p>	<p>17 <u>Stuffed Crust Pizza</u> or <u>Buffalo Chicken Pizza</u> Garden Salad Carrot & Celery Sticks Chilled Mixed Fruit Cold Milk Choices</p>
<p>19 <u>Alternate Choice:</u> Pulled Pork Sandwich Deli Sandwiches PB&J or PB&F</p>	<p>20 <u>Shepards Pie</u> Garden Salad Hot Vegetarian Beans Fresh Orange Wedges Cold Milk Choices</p>	<p>21 <u>Crispy Chicken Nuggets</u> Fluffy Mashed Potatoes & Gravy, Steamed Green Beans Baby Carrots Wheat Roll Strawberries Cups Cold Milk Choices</p>	<p>22 23 <u>Thanksgiving Break</u></p>		<p>24 </p>
<p>26 <u>Alternate Choice:</u> Chicken Caesar Wrap Deli Sandwiches PB&J or PB&F</p>	<p>27 <u>Crispy Chicken Patty On A W/W Roll</u> Green Leaf Lettuce & Tomato Steamed Green Beans Cucumber Slices Fresh Orange Smiles Cold Milk Choices</p>	<p>28 <u>Mac & Cheese</u> Whole Wheat Roll Garden Salad Steamed Broccoli Fresh Kiwi Slices Cold Milk Choices</p>	<p>29 <u>Pizza Max Sticks w/Dipping Sauce</u> Garden Salad Steamed Corn Cinnamon Applesauce Cold Milk Choices</p>	<p>30 <u>"Wrap It Up"</u> Hot Buffalo or Plain Chicken Wrap w/Shredded Cheese Romaine & Tomato Mix Carrot Coins Chilled Apple Juice, Milk</p>	<p>Lunch Prices \$2.75 Elementary K-8 \$3.00 Grades 9-12 \$.40 Reduced K-12 \$4.80 Adult Lunch \$.60 Milk</p>

This Institution is an equal opportunity provider

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