

Reduced = \$.40

Paid = \$3.00

# Wellington High School

1% White Milk and Fat  
Free Chocolate Milk  
Available Daily

## January 2019 Lunch Menu

Date	Café	Pizza	Cold Entrees	Vegetable	Fruit
Thurs Jan 3	Chicken Quesadilla w/Sour Cream & Salsa Churro	French Bread Pizza	Chef's Choice – Sandwich	Vegetable Medley & Carrot Sticks	Clementine & Fresh Fruit Choice
Fri Jan 4	Texas Burger w/Bacon, American Cheese, BBQ or Boom Boom Sauce, Lettuce, Sliced Onion & Tomato	Pepperoni Pizza	Ham & Cheese Sub Sandwich	Steamed Green Beans & Baby Carrots	Applesauce Cup or Fresh Fruit Choice
Mon Jan 7	Doritos Extreme Walking Taco w/Beef Taco Meat, Shredded Cheese & Lettuce, Diced Tomatoes, Salsa, Sour Cream & Jalapeños	French Bread Pizza	Chef Salad w/Cheez It's	Fiesta Beans & Celery Sticks	Orange Slices & Fresh Fruit Choice
Tues Jan 8	Pub Fish Sandwich w/Lettuce, Tomato Slice & Tartar Sauce	BBQ Chicken Pizza	Ham & Cheese Sub	Steamed Broccoli & Wedge Fries	Strawberry Cup or Fresh Fruit Choice
Weds Jan 9	All American Hot Dog Bar w/Coney Sauce Shredded Cheddar Cheese, Diced Onions, Banana Peppers & Relish	Personal Pizza w/Cheese or Pepperoni	Yogurt Parfait	Baked Beans & Cole Slaw	Side Kicks Slushy or Fresh Fruit Choice
Thurs Jan 10	Chinese Take Out in Take Out Boxes! Sweet and Sour Cherry Chicken w/Pork & Chicken Mini Egg Roll & Fortune Cookie	Bosco Sticks w/Marinara Sauce	Chicken Caesar Salad w/Croutons	Stir Fry Vegetables & Mixed Fresh Vegetables	Diced Pears & Fresh Fruit Choice
Fri Jan 11	Mashed Potato Bowl w/Popcorn Chicken, Gravy and Cheddar Cheese & Biscuit	Pepperoni Calzone	Turkey Swiss Sub	Mashed Potatoes & Gravy or Strawberry Spinach Salad	Mixed Fruit & Fresh Fruit Choice
Mon Jan 14	Philly Cheesesteak Hoagie w/Grilled Peppers, Onions & Mushrooms on the side & Mozzarella Cheese	Sausage Pizza	Chicken Salad on a Whole Grain Croissant	Steamed Peas & Carrots & Wedge Fries	Strawberry Cup & Fresh Fruit Choice
Tues Jan 15	Build Your Own Breakfast Bowl with Fresh Baked Biscuit, Scrambled Eggs, Home fries, Sausage Crumbles, Diced Ham, Country Gravy and Shredded Cheddar Cheese	Cheese Pizza	Ham & Cheese Sub	Home Fries & Garden Side Salad	Orange Wedges & Fresh Fruit Choice
Weds Jan 16	Macaroni & Cheese & BBQ Popcorn Chicken	Pepperoni Pizza	Chef Salad w/Annie's Cheddar Bunnies	Steamed Broccoli & Tossed Salad	Applesauce & Fresh Fruit Choice
Thurs Jan 17	Burrito Bowl w/Warm Tortillas, Beef or Chicken Santa Fe, Spanish Rice, Fiesta Beans, Salsa & Sour Cream	BBQ Chicken Pizza	Sub Sandwich	Fiesta Beans & Carrot Sticks	Diced Pears or Fresh Fruit Choice
Fri Jan 18	BBQ Pork Stacker Texas Toast, Topped with Mashed Potatoes, BBQ Pork and Cheddar Cheese	French Bread Pizza	Buffalo Chicken Salad w/Roll	Mashed Potatoes & Vegetable Medley	Clementine & Fresh Fruit Choice
Mon Jan 21	No School Today	Martin Luther King Jr. Day			
Tues Jan 22	Chicken Parm Sandwich on a Bun	Personal Pizza	Chef Salad w/Soft Pretzel	Steamed Green Beans & Carrot Sticks	Assorted Fruit & Juice & Fresh Fruit

<b>Date</b>	<b>Café</b>	<b>Pizza</b>	<b>Cold Entrées</b>	<b>Vegetable</b>	<b>Fruit</b>
Weds Jan 23	Duke Burger bar w/Grilled Mushrooms & Onions, Cheese & Chili	Meat Lovers Pizza	Chicken Salad on Whole Grain Croissant	Emoji Fries & Cole Slaw	Side Kicks Slushy or Fresh Fruit Choice
Thurs Jan 24	Belgium Waffle Bar w/Strawberry Sauce & Whipped Cream w/Sausage Links	Pizza Bites	Cheese Platter w/Cheese Cubes, Hard Boiled Egg, Soft Pretzel & Fresh Grapes & Strawberries	Hash Brown & Cucumbers & Grape Tomatoes in Light Italian Dressing	Assorted Fruit & Juice & Fresh Fruit
Fri Jan 25	Chicken Verde Enchiladas	Personal Pizza	Ham & Cheese Sub	Fiesta Beans & Cowboy Corn	Diced Pears & Fresh Fruit
Mon Jan 28	Salisbury Steak w/Beef Gravy & Roll	Sausage Pizza	Sub Sandwich	Mashed Potatoes & Side Garden Salad	Mixed Fruit Cup or Fresh Fruit
Tues Jan 29	Soup & Salad! Cheesy Chicken Tortilla Soup or Chili	Pepperoni Pizza	Yogurt Parfait	Side Salad Bar w/Lettuce, Tomato, Cucumber, Red Onion & Shredded Cheddar Cheese	Diced Pears or Fresh Fruit Choice
Weds Jan 30	Meatloaf w/Brown Gravy and Whole Grain Roll	French Bread Pizza	Chef Salad w/Soft Pretzel	Mashed Potatoes & Side Salad	Strawberry Cup & Fresh Fruit
Thurs Jan 31	Sloppy Tots Oven Baked Tots Topped with Beef Sloppy Joe Mix & Cheddar Cheese	Meat Lovers Pizza	Cheese Platter w/Cheese Cubes, Hard Boiled egg, Soft Pretzel, Fresh Grapes and Strawberries	Tater Tots & Carrot Sticks	Applesauce & Fresh Fruit

The USDA is an equal opportunity provider. This menu is subject to change due to product availability.