



# Welte Education Center Lunch Menu

February 2019

**1**  
**Spicy Popcorn**  
**Chicken w/ Dipping**  
**Sauces**  
Egg Salad Sandwich w/  
Pretzel  
Popcorn Chicken Salad  
w/ Roll  
Steamed Spinach

**4**  
Drumstick w/ Corn  
Muffin  
Ham Sandwich w/  
Pretzel  
Egg Chef Salad w/  
Roll  
Mashed Potatoes

**5**  
Chicken Parmesan w/  
Spaghetti  
Turkey & Cheese Sub  
w/ Chips  
Tuna Platter w/ Roll  
Green Beans

**6**  
Chili Cheese Baked  
Potato w/ Pretzel  
Chicken Caesar Wrap  
w/ Pretzel  
Buffalo Chicken Salad  
w/ Roll  
Orange Glazed Carrots

**7**  
**Breakfast Burrito**  
Chicken Cheddar  
Wrap w/ Chips  
Chicken Salad Platter  
w/ Roll  
Baked Beans

**8**  
Vegetarian Fried Rice  
w/ Egg Roll  
Ham & Turkey Wrap w/  
Pretzel  
Winter Fruit & Cheese  
Plate w/ Roll  
Steamed Spinach

**11**  
Fish Bites w/  
Breadstick  
Chicken Caesar Wrap  
w/ Pretzel  
Bean Nacho Salad w/  
Roll  
CrissCut French Fries

**12**  
**Watchos**  
Turkey & Cheese  
BaBoom Sub w/ Chips  
Summer Fruit & Cheese  
Plate w/ Roll  
Roasted Cauliflower

**13**  
Ravioli w/ Marinara  
Sauce & Breadstick  
Ham, Turkey & Cheese  
Sandwich w/ Pretzel  
Egg Salad w/ Roll  
Roasted Sweet Potato

**14**  
**Italian Meatball Sub**  
Turkey & Cheese Wrap  
w/ Chips  
Turkey Chef Salad w/  
Roll  
Campfire Chipotle  
Beans

**15**  
Parent – Teacher –  
Conference  
  
\*\*\*NO SCHOOL\*\*\*

**18**  
  
Presidents' Day  
  
\*District Closed\*

**19**  
Chicken & Sausage  
Etouffe w/ Cilantro Rice  
Santa Fe Turkey Wrap  
w/ Chips  
Turkey Chef Salad w/  
Roll  
Green Beans & Carrots

**20**  
Orange Popcorn  
Chicken w/ LoMein  
Noodles  
Ham & Cheese  
Sandwich w/ Pretzel  
Turkey & Cheese Salad  
w/ Roll  
Sweet Potato Bites

**21**  
Chipotle Vegetable  
Bean Chili w/ Chips  
Ham & Turkey Sub w/  
Chips  
Vegetarian Greek Salad  
w/ Roll  
Black Charro Beans

**22**  
Nacho Cheese  
Walking Taco  
Turkey & Cheese  
Sandwich w/ Pretzel  
Baja Chicken Salad w/  
Roll  
Steamed Broccoli

**25**  
**Chicken & White Bean**  
**Chipotle Chili w/**  
**Chips**  
Ham & Cheese Wrap w/  
Pretzel  
Ham Chef Salad w/ Roll  
Zucchini w/ Margarine

**26**  
Vegetarian Chili Mac w/  
Breadstick  
Chicken Salad  
Sandwich w/ Chips  
Egg Platter w/ Roll  
  
Roasted Carrots

**27**  
Country Chicken  
Nugget Bowl w/ Roll  
Mediterranean Wrap w/  
Pretzel  
Chicken Caesar Salad  
w/ Roll  
Steamed Corn

**28**  
General Tso's Beef w/  
Vegetable & Yellow  
Rice  
Ham & Turkey Sub w/  
Chips  
Chicken Nacho Salad  
w/ Roll  
Kickin' Pinto Beans

## Special News...

We only use whole grain breads, pastas & rice. We serve 100% fruit juice and offer a variety of fresh fruits and vegetables on our salad bar.

FUEL is on February 7<sup>th</sup> and 12<sup>th</sup>

\*\*\*Get Enough Sleep\*\*\*