



FFC8 WELTE EDUCATION CENTER

October 2017

2

- Salisbury Steak w/ Gravy & Butter Noodles
- Chicken Salad w/ Dinner Roll
- Egg Chef Salad Sandwich

side items

- Roasted Mixed Vegetables & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

3

- Chicken Nugget Country Bowl w/ Breadstick
- Ham & Turkey Cobb Salad w/ Pretzel
- Roasted Vegetable Wrap

side items

- Steamed Carrots & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

4

- Chili Mac
- Apple and Yogurt Platter w/ Cinnamon Chips
- Ham & Cheese Sandwich
- Pizza & Grill Station

side items

- Pinto Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

5

- Chicken Tender w/ Cheddar & Chili Flatbread
- Chicken Popcorn Salad w/ Goldfish Crackers
- Turkey Ham & Cheese Sandwich

side items

- Steamed Zucchini Squash & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

6

EARLY RELEASE

- Corn Dog
- Turkey & Cheese Sandwich

side items

- Fresh Fruit or Fresh Vegetable
- Assorted Milk & 100% Fruit Juice

9

CHRISTOPHER COLUMBUS DAY
NO SCHOOL

side items

10

- Fish Sticks w/ Mac and Cheese
- Turkey Chef Salad w/ Dinner Roll
- Roman Croissant
- Pizza & Grill Station

side items

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

11

- Breaded Chicken Drumsticks w/ Pretzel Roll
- Beef Nacho Salad w/ Tortilla Chips
- Ham and Cheese Sandwich

side items

- Sweet Potato Fries & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

12 **Fuel**

- Chick N' Cheese Griller
- Popcorn Chicken Salad w/ Flatbread
- Tuna Salad Sub
- Pizza & Grill Station

side items

- Kickin' Pinto Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

13

- Sweet & Sour Popcorn Chicken w/ Broccoli & Egg Roll
- Tuna Platter w/ Pretzel Roll
- Ham and Cheese Wrap

side items

- Steamed Spinach & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

16

- Chicken Tender w/ Dinner Roll
- Baja Vegetable Salad w/ Dinner Roll
- Ham & Cheese Sandwich
- Pizza & Grill Station

side items

- Mashed Potatoes & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

17

- Rotini w/ Italian Meatsauce
- Chicken Ceasar Salad w/ Goldfish Crackers
- Turkey Wrap
- Pizza & Grill Station

side items

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

18 **Fuel**

- Steak N' Cheese Griller
- All - American Salad w/ Flatbread
- Egg Salad Sandwich
- Pizza & Grill Station

side items

- Steamed Carrots & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

19

- Sausage & Red Bean Bowl w/ Santa Fe Rice
- Egg Chef Salad w/ Dinner Roll
- Chicken Salad Sandwich

side items

- Vegetarian Baked Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

20

PARENT - TEACHER - CONFERENCE
NO SCHOOL

side items

23

- Meatloaf w/ Rosemary Gravy & Dinner Roll
- Fruit Platter w/ Cheese & Cracker
- Turkey Sandwich
- Pizza & Grill Station

side items

- French Fries & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

24

- Chicken Popcorn Bowl w/ Dinner Roll
- Tuna Platter w/ Dinner Roll
- Ham & Cheese Sub
- Pizza & Grill Station

side items

- Vegetable Blend & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

25

- Mac & Cheese w/ Ham & Breadstick
- Ham & Turkey Cobb Salad w/ Flatbread
- Buffalo Chicken Wrap
- Pizza & Grill Station

side items

- Orange Glazed Carrots & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

26

- Tator Bite Chicken Nachos
- Ranch Chicken Salad w/ Pretzel
- Three Cheese Wrap
- Pizza & Grill Station

side items

- Pinto Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

27

- Cajun Chili Fries Bowl
- Vegetarian Greek Salad w/ Pretzel Roll
- Asian Chicken Wrap
- Fnn Salad Sandwich

side items

- Steamed Broccoli & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

30

- Pizza Sticks w/ Marinara Sauce
- Chicken Chef Salad w/ Dinner Roll
- Turkey Santa Fe Wrap
- Pizza & Grill Station

side items

- Steamed Corn & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

31 **Halloween**

- Cajun Meatball Stew w/ Dinner Roll
- Chicken Nacho Salad w/ Tortilla Chips
- Ham and Cheese Sandwich
- Pizza & Grill Station

side items

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

1

side items

2

side items

3

side items

Daily we offer different entree choices. Each entree has to include a fruit and/ or vegetable serving.

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

*****REFRESH AND RECHARGE*****

FRUIT AND VEGETABLE CART

Daily rotation of vitamin rich fruits and vegetables from the fruit and vegetable cart.



HOT SIDE ITEM

We offer daily a hot side item.



CHOICE OF MILK

We offer different kind of milk choices.