



# FFC8 WELTE EDUCATION CENTER

September 2017

**28**

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*side items*

**29**

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*side items*

**30**

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*side items*

**31**

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*side items*

**1**

\*\*\*NO SCHOOL\*\*\*

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*side items*

**4**

\*\*\*LABOR DAY\*\*\*  
\*NO SCHOOL\*

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*side items*

**5**

- Fish Sticks w/ Mac and Cheese**
- Turkey Chef Salad w/ Dinner Roll
- Ham Sandwich
- Pizza & Grill Station

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

*side items*

**6**

- Chicken Pot Pie**
- Beef Nacho Salad w/ Tortilla Chips
- Turkey and Cheese Sandwich
- Pizza & Grill Station

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

*side items*

**7**

- Vegetarian Chipotle Bean Chili w/ Dinner Roll**
- Chicken Salad w/ Dinner Roll
- Bagel w/ Cheese and Vegetable Salsa

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

*side items*

**8**

- Sweet & Sour Broccoli Chicken w/ Fried Rice**
- Tuna Platter w/ Dinner Roll
- Ham and Cheese Wrap

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

*side items*

**11**

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

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

*side items*

**12**

- Rotini w/ Italian Meatsauce**
- Chicken Ceasar Salad w/ Dinner Roll
- Turkey Wrap
- Pizza & Grill Station

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

*side items*

**13**

- Cheesy Potato w/ Dinner Roll**
- Egg Chef Salad w/ Dinner Roll
- Chicken Salad Sandwich
- Pizza & Grill Station

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

*side items*

**14**

- Sausage & Red Bean Bowl w/ Santa Fe Rice**
- Ham & Turkey Chef Salad w/ Dinner Roll
- Roasted Vegetable Sub

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

*side items*

**15**

- General Tso Chicken w/ Rice**
- Taco Salad w/ Tortilla Chips
- Egg Salad w/ Dinner Roll
- Pizza & Grill Station

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

*side items*

**18 Homecoming**

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

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

**19 Homecoming**

- Chicken Popcorn Bowl w/ Dinner Roll**
- Tuna Platter w/ Dinner Roll
- Turkey Sandwich
- Pizza & Grill Station

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

**20 Homecoming**

- Cheesy Penne**
- Ham & Turkey Cobb Salad w/ Dinner Roll
- Ham & Cheese Sub
- Pizza & Grill Station

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

**21 Homecoming**

- Tter Bite Chicken Nachos**
- Chicken Ranch Salad w/ Dinner Roll
- Egg Salad Sandwich
- Pizza & Grill Station

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

**22 Homecoming**

- Cajun Chili Fries Bowl**
- Egg Caesar Salad w/ Dinner Roll
- Asian Chicken Wrap
- Pizza & Grill Station

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

**25**

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

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

*side items*

**26**

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

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

*side items*

**27**

- Broccoli & Orange Popcorn Chicken Bowl w/ Cilantro Rice**
- Turkey Salad w/ Dinner Roll
- Tuna Salad Bagel w/ Lemon & Carrot Salad

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

*side items*

**28**

- Spaghetti Carbonara w/ Chicken**
- Mixed Green Salad w/ Dinner Roll
- Mediterranean Vegetable Wrap
- Pizza & Grill Station

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

*side items*

**29**

- Vegetarian Chana Masala w/ Yellow Rice**
- Ham Chef Salad w/ Dinner Roll
- Turkey Sandwich
- Pizza & Grill Station

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

*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.

\*\*\*\*\*TRY SOMETHING NEW\*\*\*\*\*

### 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 four different kind of milk choices.