



Weld RE-3J

Lunch Menu

February
2023

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

THURSDAY 2

Diner Cheeseburger on a Bun, Spicy Chicken Patty on Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Sausage Pizza

Grab & Go Ham Deli Sandwich, Chef Salad, Whole Grain Dinner Roll

Fruit & Veggie Spiced Pinto Beans, Baby Carrots, Apple Slices, Banana

TUESDAY

FRIDAY 3

Diner Hamburger on a Bun, Crispy Chicken Sandwich

Deli Build Your Own Sub

Pizza Cheese Pizza, Pepperoni Pizza

Grab & Go Ham Deli Sandwich, Chef Salad, Whole Grain Dinner Roll

Fruit & Veggie Roasted Corn, Baby Carrots, Diced Peaches, Banana

WEDNESDAY 1

Diner Crispy Chicken Sandwich, Hamburger on a Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Pepperoni Pizza

Grab & Go Ham Deli Sandwich, Chef Salad, Whole Grain Dinner Roll

Fruit & Veggie Steamed Carrots, Baby Carrots, Pineapple Tidbits, Banana

EXTRA INFO

Harvest of the Month



Secondary Paid \$3.20

Adult \$4.00

Menus are subject to change without notice. This institution is an equal opportunity provider.





Weld RE-3J

Lunch Menu

February

2023

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

6 MONDAY

- Diner** Hamburger on a Bun, Crispy Chicken Sandwich
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza, Pepperoni Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll
- Fruit & Veggie** Black Beans, Red Peppers, Diced Peaches, Fresh Orange

9 THURSDAY

- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza, Sausage Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll
- Fruit & Veggie** Coleslaw, Tomato & Cucumber Salad, Apple Slices, Fresh Orange

7 TUESDAY

- Diner** Cheeseburger on a Bun, Spicy Chicken Patty on Bun
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza, Sausage Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll
- Fruit & Veggie** Roasted Broccoli, Tomato & Cucumber Salad, Mixed Canned Fruit, Fresh Orange

10 FRIDAY

- Diner** Hamburger on a Bun, Crispy Chicken Sandwich
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza, Pepperoni Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll
- Fruit & Veggie** Steamed Carrots, Tomato & Cucumber Salad, Diced Peaches, Fresh Orange

8 WEDNESDAY

- Diner** Crispy Chicken Sandwich, Hamburger on a Bun
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza, Pepperoni Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll
- Fruit & Veggie** Roasted Corn, Tomato & Cucumber Salad, Pineapple Tidbits, Fresh Orange

EXTRA INFO

Harvest of the Month



Secondary Paid \$3.20

Adult \$4.00

Menus are subject to change without notice. This institution is an equal opportunity provider.





Weld RE-3J

Lunch Menu

February

2023

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

16

THURSDAY

Diner Cheeseburger on a Bun, Spicy Chicken Patty on Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Sausage Pizza

Grab & Go Chicken BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

Fruit & Veggie Roasted Broccoli, Cherry Tomato, Applesauce, Fresh Grapes

14

TUESDAY

Diner Hamburger on a Bun, Spicy Chicken Patty on Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Sausage Pizza

Grab & Go Chicken BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

Fruit & Veggie Steamed Corn, Cherry Tomato, Diced Peaches, Fresh Grapes

FRIDAY

15

WEDNESDAY

Diner Crispy Chicken Sandwich, Grilled Ham & Cheese Sandwich

Deli Build Your Own Sub

Pizza Cheese Pizza, Pepperoni Pizza

Grab & Go Chicken BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

Fruit & Veggie Refried Beans, Cherry Tomato, Pineapple Tidbits, Fresh Grapes

EXTRA INFO

Harvest of the Month 



Secondary Paid \$3.20

Adult \$4.00

Menus are subject to change without notice. This institution is an equal opportunity provider.





Weld RE-3J

Lunch Menu

February
2023

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

23

THURSDAY

Diner Cheeseburger on a Bun, Spicy Chicken Patty on Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Sausage Pizza

Grab & Go Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

Fruit & Veggie Tater Tots, Baby Carrots, Applesauce, Banana

21

TUESDAY

Diner Cheeseburger on a Bun, Spicy Chicken Patty on Bun, Beef Hot Dog on a Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Sausage Pizza

Grab & Go Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

Fruit & Veggie Golden Crinkle Cut French Fries, Baby Carrots, Mixed Canned Fruit, Banana

24

FRIDAY

Diner Hamburger on a Bun

DinerDinner Crispy Chicken Sandwich

Deli Build Your Own Sub

Pizza Cheese Pizza, Pepperoni Pizza

Grab & Go Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

22

WEDNESDAY

Diner Crispy Chicken Sandwich, Hamburger on a Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Pepperoni Pizza

Grab & Go Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

Fruit & Veggie Baked Beans, Baby Carrots, Pineapple Tidbits, Banana

EXTRA INFO

Harvest of the Month



Secondary Paid \$3.20

Adult \$4.00

Menus are subject to change without notice. This institution is an equal opportunity provider.





Weld RE-3J

Lunch Menu

February
2023

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

27

MONDAY

Diner Hamburger on a Bun, Crispy Chicken Sandwich

Deli Build Your Own Sub

Pizza Cheese Pizza, Pepperoni Pizza

Grab & Go Honey Mustard Ham Wrap, Cravin Craisin Salad, Whole Grain Dinner Roll

Fruit & Veggie Baked Beans, Cucumber Slices, Diced Peaches, Fresh Pear

THURSDAY

28

TUESDAY

DinerDinner Cheeseburger on a Bun

Diner Spicy Chicken Patty on Bun

Deli Build Your Own Sub

Pizza Cheese Pizza, Sausage Pizza

Grab & Go Honey Mustard Ham Wrap, Cravin Craisin Salad, Whole Grain Dinner Roll

FRIDAY

WEDNESDAY

EXTRA INFO

Harvest of the Month



Secondary Paid \$3.20

Adult \$4.00

Menus are subject to change without notice. This institution is an equal opportunity provider.

