



Welty Elementary Breakfast & Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!



Monday 2 Macaroni with Beef Chilaquiles Chicken Nuggets Salad Bar Cauliflower Variety of Milk <i>Breakfast</i> Scrambled Eggs and Ham Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 3 Chicken Soup Baked Vegetable Rotini Tostada Salad Bar Steamed Broccoli Variety of Milk <i>Breakfast</i> Breakfast Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Wednesday 4 Burrito Bowl Sweet Korean Chicken Hamburger Salad Bar Corn Variety of Milk <i>Breakfast</i> Carrot Bread Fresh Fruit Selection Assorted Low Sugar Cereal	Thursday 5 Beef Tacos Sloppy Joe Turkey and Cheese Pita Salad Bar Green Beans Variety of Milk <i>Breakfast</i> Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 6 Fish Sticks Mac N Cheese Cheese Pizza Salad Bar Mixed Vegetables Variety of Milk <i>Breakfast</i> Scrambled Eggs with Toast Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 9 Chicken Salad Wrap Jerk Chicken Flatbread Baked Rotini Salad Bar Black Bean Salad Variety of Milk <i>Breakfast</i> Eggs, Cheese, Ham, Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 10 Mac N Cheese with Ham Kung Pao Chicken Quesadilla Salad Bar Steamed Broccoli Variety of Milk <i>Breakfast</i> Super Donut Fresh Fruit Selection Assorted Low Sugar Cereal	Wednesday 11 Meatloaf Oven Baked Chicken Crispy Chicken Wrap Salad Bar Mashed Potatoes Variety of Milk <i>Breakfast</i> French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Thursday 12 Ham Sandwich Hamburger Cheese Enchiladas Salad Bar Green Beans Variety of Milk <i>Breakfast</i> Waffle Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 13 Chicken Tacos Cheese Pizza Black Bean Mix Salad Bar Roasted Cauliflower Variety of Milk <i>Breakfast</i> Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 16 Turkey and Bean Burrito Spaghetti with Meat Sauce Ham Sandwich Corn Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Scrambled Eggs with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 17 Chef Salad Grilled Cheese and Soup Chicken Nuggets Roasted Cauliflower Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Apple Frudel Fresh Fruit Selection Assorted Low Sugar Cereal	Wednesday 18 Hot Dog Chicken Mole Vegetable Sub Peas and Carrots Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Omelet Fresh Fruit Selection Assorted Low Sugar Cereal	Thursday 19 Chicken Taco Salad Cheeseburger Italian Dunkers Crinkle Cut Fries Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Pancake and Turkey Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 20 Buffalo Chicken Pizza Chicken Sandwich Mixed Vegetables Salad Bar Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Waffles Fresh Fruit Selection Assorted Low Sugar Cereal

March 2015



SPRING BREAK



Monday 23 Turkey and Bean Burrito Spaghetti with Meat Sauce Ham Sandwich Corn Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Scrambled Eggs with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 24 Chef Salad Grilled Cheese and Soup Chicken Nuggets Roasted Cauliflower Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Apple Frudel Fresh Fruit Selection Assorted Low Sugar Cereal	Wednesday 25 Hot Dog Chicken Mole Vegetable Sub Peas and Carrots Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Omelet Fresh Fruit Selection Assorted Low Sugar Cereal	Thursday 26 Chicken Taco Salad Cheeseburger Italian Dunkers Crinkle Cut Fries Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Pancake and Turkey Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Friday 27 Buffalo Chicken Pizza Chicken Sandwich Mixed Vegetables Salad Bar Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Waffles Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 30 Nachos Chicken Tenders Beef and Broccoli Stir Fry Sweet Potatoes Pasta Salad Variety of Milk <i>Breakfast</i> Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal	Tuesday 31 Spaghetti with Meat Sauce Cheese Enchiladas Beef Sliders Salad Bar Roasted Vegetables Variety of Milk <i>Breakfast</i> Cereal Bar Fresh Fruit Selection Assorted Low Sugar Cereal	<h3>Free Meals For All Students</h3>		

Food Service Director: Edwardo Banuelos :: Email: ebanuelos@nUSD.k12.az.us:: Phone: (520) 377-9175

Adult Meal Prices

Breakfast	\$2.25
Lunch	\$3.25

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