



**Wells Central  
School**

# September 2020

Start your day with a Healthy Breakfast..IT'S FREE

Daily Breakfast Choices:

Cereal OR Egg & Toast Or

Yogurt, Fruit , Juice, Milk

**Monday:** Breakfast Sandwich

**Tuesday:** Pancakes & Turkey Bacon

**Wednesday:** Breakfast Pizza

**Thursday:** Waffles & Sausage

**Friday:** Bagels

**Prices**

Lunch Price     \$1.90  
2nd Lunch       \$1.25  
Lunch Entrée     . 75  
Reduced Price   . 25  
Milk                 .40

**Daily Lunch Choices:**

Milk: Skim,1%  
Low fat chocolate (lunch only)  
Fruit Selection  
Garden Salad  
Chef Salad  
PB & J Sandwich  
Turkey & Cheese Sandwich  
Ham & Cheese Sandwich  
Egg Salad Sandwich

Mon	Tue	Wed	Thu	Fri
7 LABOR DAY NO SCHOOL	8 Welcome Back!! Chicken Strips Spiral Fries Dinner Roll	9 Macaroni & Cheese Broccoli Dinner Roll	10 Soft Shell Tacos Baby Carrots Fruit	11 Assorted Pizzas Romaine Salad
14 Pasta w/Sauce Meatballs Garlic Stick	15 Hamburgers Cheeseburgers Tater Tots Baby Carrots & Dip	16 Chicken Bowl Chicken, Potatoes Corn & Gravy Dinner Roll	17 Subs Baked Chips Hummus Cups	18 Asst. Pizzas Garden Salad
21 Grilled Cheese Tomato Soup Baby Carrots	22 Chicken Patties Tater Tots Celery Sticks	23 Chicken Alfredo Penne Pasta Roasted Broccoli	24 Hotdogs Baked Beans Coleslaw	25 Asst. Pizzas Garden Salad
28 Fr. Toast Sticks Sausages Hash Brown Patty	29 Soft Shell Tacos Cheese Black Bean Salsa Baby Carrots	30 General Tso Chicken Seasoned Rice Roasted Broccoli Dinner Roll	1 Ham & Cheese on Pretzel Roll Baked Beans Baked Sun Chips	2 Asst. Pizzas Garden Salad

\*Meals Subject to  
Change\*