



The Welsh Academy

AT SAINT IGNATIUS

In Honor of Rev. Robert J. Welsh, S.J. '54

August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				1	2
Lunch					
Snack					
Breakfast	5	6	7	8	9
Lunch					
Snack					
Breakfast	12	13	14	15	16
Lunch			French Toast , Hash browns, OJ Cheese Pizza, Salad /Roll and Fruit and Drink	Egg sausage and cheese muffin Hash brown OJ Pasta Meatballs Salad/Roll Fruit and Drink	Pancakes, bacon &OJ Chicken Patty mashed potato, corn and drink
Snack			Uncrustable	Chicken & Fries	Lunchable
Breakfast	19	20	21	22	23
Lunch	Ham and cheese, hash brown &OJ Cheeseburger, fries, Veggies and drink	Waffles , sausage & OJ Tacos, Nachos , Salsa, fruit and drink	Scrambled Eggs, potato's, sausage & OJ Macaroni and cheese Salad/Roll and drink	Egg cheese and bacon bagel, potato and OJ BBQ Riblet, corn sidewinders & drink	Pancakes, bacon & OJ Ignatius Bowl and Drink
Snack	Chicken Nuggets & fries	Corn dog and fries	Bosco	Cheese Pizza	Lunchable
Breakfast	26	27	28	29	30
Lunch	Breakfast Bowl and OJ Monterey Jack Chicken, Veggies fruit and drink	French Toast , sausage links, &OJ Turkey Sandwich Chips, Veggie, fruit and drink	Scrambled Eggs, potato's, sausage & OJ Chicken Pot Pie, Salad/ Roll & drink	Egg sausage and cheese muffin Hash brown OJ Cheeseburger, fries, Veggies and drink	Brown Bag Breakfast Mass of the Holy Spirit
Snack	Nuggets and Fries	Mini Quesadillas	Bosco	Mac & Cheese bite	