

WILSON SCHOOL DISTRICT  
RIVER ROCK ACADEMY (GRADES 6 - 12)

Contact the Food Service Office for questions and concerns: 610-670-0180 x 1148

# March 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Daily Breakfast Choices</b> Featured Entrée Selection of Fruit and 100% Juice Variety of Milk</p> <p><b>Lunch Daily Entrée Choices</b> Featured Hot Entrees <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Veggies w/ Dip &amp; Hot Veggie Selection of Fruits &amp; Variety of Milks</p>	<p><b>BUILD A HEALTHY LUNCH</b> from these 5 Components: Meat/Meat Alternate, Whole Grains, Vegetables, Fruit and Milk. You must take a minimum of three components for a meal. One component must be a ½ cup serving of vegetable or fruit.</p>	<p><b>START YOUR DAY WITH BREAKFAST</b> includes 3 components: Whole Grains, Fruit &amp; Juice, Milk. You must take a minimum of three food items for a meal. One item must be a ½ cup serving of fruit or fruit juice.</p>	<p><b>River Rock Academy Meal Prices</b> School Breakfast \$2.05 Reduced Breakfast \$.30 School Lunch \$2.90 Reduced Lunch \$.40</p> 	 <p>In like a lion Out like a lamb</p>
<p><b>Celebrate School Breakfast Week</b></p>  <p>March 5 - 9 Let your inner emoji SHINE when you eat a healthy breakfast!</p>  			<p>March 1</p> <p><b>Breakfast Select 1 Entrée</b> Choice of Muffins (Take up to 2)</p> <p><b>Lunch Select 1 Entrée</b> Breaded Baked Chicken w/ Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Glazed Carrots Sweet Strawberries</p>	<p>March 2</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b> Corn Dog Bites w/ Dinner Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden French Fries Applesauce Cup</p>
<p>March 5</p> <p><b>Breakfast Select 1 Entrée</b> Pillsbury Mini Cinni Buns</p> <p><b>Lunch Select 1 Entrée</b> Walking Taco - Lettuce, Salsa, Tomato</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Zesty Baked Beans Golden Pineapple</p>	<p>March 6</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b> Double Meatball Sliders</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Frozen Juice Rush</p>	<p>March 7</p> <p><b>Breakfast Select 1 Entrée</b> Bagel &amp; Cream Cheese</p> <p><b>Lunch Select 1 Entrée</b> Turkey Pierogi Pot Pie &amp; Bread Stick</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Peas &amp; Carrots Sweet Strawberries</p>	<p>March 8</p> <p><b>Breakfast Select 1 Entrée</b> Choice of Muffins (Take up to 2)</p> <p><b>Lunch Select 1 Entrée</b> Chicken Nuggets w/ Dinner Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Corn Festive Fruit Mix</p>	<p>March 9</p> <p><b>Breakfast Select 1 Entrée</b> Cinnamon Roll</p> <p><b>Lunch Select 1 Entrée</b> Cheese Calzone w/ Marinara Sauce</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Crunchy Baby Carrots &amp; Dip Golden Peaches</p>
<p>March 12</p> <p><b>Breakfast Select 1 Entrée</b> Pillsbury Apple or Cherry Frudel</p> <p><b>Lunch Select 1 Entrée</b> Sloppy Joe on Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Tater Tots (10 pc) Chilly Pears</p>	<p>March 13</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b> Philly Cheesesteak on Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> BBQ Baked Beans Chilly Applesauce Cup</p>	<p>March 14</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Cereal &amp; Poptart (Select up to 1 each)</p> <p><b>Brunch Lunch Select 1 Entrée</b> FRENCH TOAST STICKS (4 PC) w/ SAUCE</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Green Beans Chilled Mixed Fruit</p>	<p>March 15</p> <p><b>Breakfast Select 1 Entrée</b> Mini Breakfast Loafs (2)</p> <p><b>Lunch Select 1 Entrée</b> Chicken Patty Sandwich</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Glazed Carrots Chilled Peaches</p>	<p>Lucky Leprechaun, March 17</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b> Hamburger on Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Wear'n of the Green Broccoli Shamrock Ice Cream &amp; Berries</p>
<p>March 19</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Muffins</p> <p><b>Lunch Select 1 Entrée</b> Nachos: Taco Meat/Cheese Sauce</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Zesty Baked Beans Chilled Fruit Mix</p> 	<p>March 20...Welcome Spring!</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b> Penne Pasta W/ Meat Sauce/Garlic Bread</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Fresh Romaine Salad Chilled Mandarin Oranges</p>	<p>March 21</p> <p><b>Breakfast Select 1 Entrée</b> Bagel &amp; Cream Cheese</p> <p><b>Lunch Select 1 Entrée</b> Meatloaf w/ Gravy &amp; 2 Rolls</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Mashed Potatoes, Honey Carrots Chilly Applesauce Cup</p> 	<p>March 22</p> <p><b>Breakfast Select 1 Entrée</b> Choice of Muffins (Take up to 2)</p> <p><b>Lunch Select 1 Entrée</b> Chicken Tenders (3) &amp; Dinner Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Green Beans Frozen Juice Rush</p>	<p>March 23</p> <p><b>Breakfast Select 1 Entrée</b> Cinnamon Roll</p> <p><b>EARLY DISMISSAL, NO LUNCH</b></p> 
<p>March 26</p> <p><b>Breakfast Select 1 Entrée</b> Pillsbury Apple or Cherry Frudel</p> <p><b>Lunch Select 1 Entrée</b> Breaded Baked Chicken w/ Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Corn &amp; Mashed Potatoes Golden Diced Peaches</p>	<p>March 27</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b> Macaroni &amp; Cheese w/ Gold Fish</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Golden Pineapple</p>	<p>March 28</p> <p><b>Breakfast Select 1 Entrée</b> Assorted Cereal &amp; Poptart (Select up to 1 each)</p> <p><b>Lunch Select 1 Entrée</b> Hamburger on Roll</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden French Fries Festive Mixed Fruit</p>	<p>March 29</p> <p><b>Breakfast Select 1 Entrée</b> Mini Breakfast Loafs (2)</p> <p><b>Lunch Select 1 Entrée</b> Chicken Patty Sandwich</p> <p><b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Carrots Sweet Strawberries</p>	<p>March 30</p> <p><b>Spring Break - School Closed</b></p>  <p><b>Select Milk @ Breakfast &amp; Lunch</b> 1% White Milk FF Chocolate Milk FF Strawberry Milk</p>

Menu subject to change without notice.

To Deposit money into your child's account go to [www.wilsonsd.org](http://www.wilsonsd.org) then e-Funds Online Payments