









WILSON SCHOOL DISTRICT RIVER ROCK ACADEMY GRADES 9 - 12

April 2019

<p><i>Fuel Your Day with</i> WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams</p>	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>BREAKFAST - Select 1 Entrée Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p>Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p><i>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147</i> Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p>Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk <i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
 <p>WE OFFER 5 CHOICES EVERY DAY AT LUNCH!! Uncrustable PB & J 3 - Specials</p>	April Fool's Day	April 2	April 3	April 4	April 5
	<p>FastBreak, Choose 1 Cheese Cream/ w Bagel Lunch Select 1 Entrée Burger Cheese or Ham Bun on Jelly & ButterPea Sandwich Select up to 2 Vegetables & up to 2 Fruit Dip /w Carrots Baby Fresh Potatoes Hashbrown Baked Pears Chilly or Fruit Fresh</p>	<p>Breakfast Select 1 Entrée Poptart & Grahams Lunch Select 1 Entrée Popcorn Chicken w/Dinner Roll & Dips Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Steamy Broccoli Fresh Veggies w/ Dip Chilly Peaches or Fresh Fruit</p>	<p>Breakfast Select 1 Entrée Yogurt Parfait w/Fruit & Granola Lunch Select 1 Entrée Cheesy Baked Pasta w/ Sauce Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Meatball Sandwich on WG Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Fresh Celery & Cucumber w/ Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p>Breakfast Select 1 Entrée Assorted Mini Donuts Lunch Select 1 Entrée Cheese Quesadilla w/ Marinara Sauce Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Black Bean Salsa Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>
<p>Choose Your Milk 1% Strawberry & Chocolate 1% White or Skim White Lactose Free</p> <p>Bulldog Power Pack Meat, Egg, Cheese, Whole Grain, Vegetable & /or Fruit Select a Milk</p>	April 8	April 9	April 10	April 11	April 12
	<p>Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Chicken Nuggets w/ Soft Pretzel Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Golden French Fries Steamy Broccoli Fresh Fruit & Chilly Mandarin Oranges</p>	<p>Breakfast Select 1 Entrée Assorted Cereals & String Cheese Lunch Select 1 Entrée Berks All Beef Hot Dogs (2) on Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Crunchy Cucumber Sticks w/ Dip Steamy Mixed Vegetables Fresh Fruit or Chilly Peaches</p>	<p>Breakfast Select 1 Entrée Large Muffin Lunch Select 1 Entrée Philly Cheese Steak Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Baby Carrots w/ Dip Golden Tater Tots Fresh Fruit or Chilled Applesauce</p>	<p>Breakfast Select 1 Entrée Yogurt Parfait w/ Fruit & Granola Lunch Select 1 Entrée Chicken Parmesan Sandwich Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Zesty Baked Beans Golden Shoestring French Fries Fresh Fruit or Chilly Pears</p>	<p>Breakfast Select 1 Entrée Pillsbury Filled Crescent Lunch Select 1 Entrée Pepperoni or Cheesy Bagel Pizzas Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Baby Carrots w/ Dip Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>
<p>Yogurt Parfait Lunch Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk</p> <p>Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p>	April 15	April 16	April 17	April 18	April 19
	<p>Breakfast Select 1 Entrée Cheese Cream/ w Bagel Lunch Select 1 Entrée Cheeseburger on Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Oven Baked Fries Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>Breakfast Select 1 Entrée Poptart & Grahams Lunch Select 1 Entrée Walking Taco w/ Salsa Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Romaine Side Salad w/ Dressing Pkt. Crunchy Baby Carrots Fresh Fruit or Chilly Peaches</p>	<p>Breakfast Select 1 Entrée Yogurt Parfait w/Fruit & Granola Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Roll & Gravy Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Whipped Potatoes Golden Corn or Fresh Veggies Fresh Fruit or Chilly Applesauce</p>	<p>Breakfast Select 1 Entrée Mini Donuts Early Dismissal 11 AM</p> 	<p align="center">SPRING BREAK</p> 

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<p><i>Fuel Your Day with</i> WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait Popartarts & String Cheese Assorted Cereal & Grahams</p>  <p>Yogurt Parfait Lunch Hot & Cold Veggies Choice of Milk GRAB N GO</p> <p>Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p>  <p>1% Strawberry & Chocolate 1% White or Skim White Lactose Free</p>	<p>Monday</p> <p>BREAKFAST - Select 1 Entrée Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p>Tuesday</p> <p>Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p>Wednesday</p> <p>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147</p> <p>Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p>Thursday</p> <p>Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>Friday</p> <p>LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
	<p>April 22</p> <p>SPRING BREAK</p> 	<p>April 23</p> <p>Breakfast Select 1 Entrée Assorted Cereals & String Cheese</p> <p>Lunch Select 1 Entrée Chicken Tenders w/ Roll Peanut Butter & Jelly Sandwich</p> <p>Select up to 2 Vegetables & up to 2 Fruit</p> <p>Steamy Green Beans Golden Potato Smiles Fresh Fruit or Chilly Peaches</p>	<p>April 24</p> <p>Breakfast Select 1 Entrée Large Muffin</p> <p>Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese Peanut Butter & Jelly Sandwich</p> <p>Select up to 2 Vegetables & up to 2 Fruit</p> <p>Steamy Corn Black Bean Salsa Fresh Fruit & Chilly Applesauce</p>	<p>April 25</p> <p>Breakfast Select 1 Entrée Yogurt Parfait w/ Fruit & Granola</p> <p>Lunch Select 1 Entrée Mini Corn Dogs & Dinner Roll Peanut Butter & Jelly Sandwich</p> <p>Select up to 2 Vegetables & up to 2 Fruit</p> <p>Steamy Honey Carrots Crunchy Broccoli Fresh Fruit & Chilly Pears</p>	<p>April 26</p> <p>Breakfast Select 1 Entrée Pillsbury Filled Crescent</p> <p>Lunch Select 1 Entrée Regular or Spicy Chicken Patty/Roll Peanut Butter & Jelly Sandwich</p> <p>Select up to 2 Vegetables & up to 2 Fruit</p> <p>Side Salad w/ Choice of Dressing Golden French Fries Fresh Fruit & Chilly Mixed Fruit</p>
<p>April 29</p> <p>Breakfast Select 1 Entrée Cheese Cream/ w Bagel</p> <p>Lunch Select 1 Entrée Calzone w/ Marinara Sauce Peanut Butter & Jelly Sandwich</p> <p>Select up to 2 Vegetables & up to 2 Fruit</p> <p>Fresh Baby Carrots w/ Dip Golden Onion Rings Fresh Fruit or Mandarin Oranges</p>	<p>April 30</p> <p>Breakfast Select 1 Entrée Poptart & Grahams</p> <p>Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Gravy & Roll Peanut Butter & Jelly Sandwich</p> <p>Select up to 2 Vegetables & up to 2 Fruit</p> <p>Whipped Potatoes Golden Corn or Fresh Veggies Chilly Peaches or Fresh Fruit</p>	<p>APRIL SHOWERS BRING MAY FLOWERS</p>  			

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