

WILSON SCHOOL DISTRICT RIVER ROCK ACADEMY GRADES 9 - 12

May/June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
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.	Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$3.30	Call the Food Service Office with questions and concerns (610) 670-0180 x 1147 <hr/> Menu subject to change without notice! We are an equal opportunity provider and employer.	Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40	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.



Choose Your Milk
 1% Strawberry, Chocolate
 1% White or Skim White
 Lactose Free

Celebrate Your School Lunch Hero's
Friday, May 3!!

SCHOOL LUNCH HERO DAY
 No need for a cape when you have an apron.
 May 3, 2019

THANKS to the Food Service Staff for their great service!

May 1
Breakfast Select 1 Entrée Bagel w/ Cream Cheese 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

May 2
Breakfast Select 1 Entrée Cereal & Poptart 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

May 3 - School Lunch Staff Hero Day!
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

Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST

May 6 - Cinco De Mayo Celebration
Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Beefy Nachos Grande Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Zesty Black Beans Mild Tomato Salsa Fresh Fruit & Chilly Mandarin Oranges

May 7
Breakfast Select 1 Entrée Yogurt Parfait w/ Fruit & Granola Lunch Select 1 Entrée French Bread Pizza Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Crunchy Cucumber Sticks w/ Dip Steamy Peas Fresh Fruit or Chilly Peaches

May 8
Breakfast Select 1 Entrée Cereal & NutriGrain Bar Lunch Select 1 Entrée Philly Cheese Steak Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Golden Emoji Potatoes Zesty Baked Beans Fresh Fruit or Chilled Applesauce

May 9
Breakfast Select 1 Entrée Bagel & Cream Cheese Lunch Select 1 Entrée Hot Turkey w/ Filling & Gravy Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Steamy Broccoli Fluffy Whipped Potatoes Fresh Fruit or Chilly Pears

May 10
Breakfast Select 1 Entrée 2- Poptarts Lunch Select 1 Entrée Stuffed Crust Pizza Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Fresh Veggies w/ Dip Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit



HAPPY MOTHER'S DAY SUNDAY, MAY 12

May 13
Breakfast Select 1 Entrée Cereal & NutriGrain Bar 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 Mandarin Oranges

May 14
Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Stromboli w/ Marinara Sauce 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

May 15
Breakfast Select 1 Entrée Bagel w/ Cream Cheese 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 Steamy Golden Corn Fresh Fruit or Chilly Applesauce

May 16
Breakfast Select 1 Entrée Cereal & Poptart Lunch Select 1 Entrée Spaghetti w/ Meatballs Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Side Salad w/ Choice of Dressing Steamy Broccoli Fresh Fruit & Chilly Pears

May 17
Breakfast Select 1 Entrée Assorted Mini Donuts Lunch Select 1 Entrée Mickey's Cheese Pizza Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Fresh Veggies w/ Dip Steamy Mixed Vegetables Fresh Fruit & Chilly Mixed Fruit



May 20
Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Breaded Chicken Patty on WG Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Oven Baked Fries Seasoned Green Beans Fresh Fruit or Chilly Mandarin Oranges

May 21
Breakfast Select 1 Entrée Yogurt Parfait w/ Fruit & Granola Lunch Select 1 Entrée Chicken Tenders w/ Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Golden Smiles Crunch Baby Carrots w/ Dip Fresh Fruit or Chilly Peaches

May 22
Breakfast Select 1 Entrée Cereal & NutriGrain Bar Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Steamy Corn Crunchy Ranch Chick Peas Fresh Fruit & Chilly Applesauce

May 23
Breakfast Select 1 Entrée Bagel & Cream Cheese Lunch Select 1 Entrée Mini Corn Dogs & Dinner Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Steamy Honey Carrots Crunchy Broccoli Fresh Fruit & Chilly Pears

May 24
Breakfast Select 1 Entrée 2- Poptarts Lunch Select 1 Entrée Regular or Spicy Chicken Patty/Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Side Salad w/ Choice of Dressing Golden French Fries Fresh Fruit & Chilly Mixed Fruit

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Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST





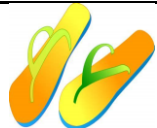
Choose Your Milk
 1% Strawberry, Chocolate
 1% White or Skim White
 Lactose Free



HAVE A GREAT SUMMER VACATION!



May 27	May 28	May 29	May 30	May 31
School Closed 	Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Gravy & Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Whipped Potatoes Steamy Golden Corn Chilly Peaches or Fresh Fruit	Breakfast Select 1 Entrée Bagel w/ Cream Cheese 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 Broccoli Fresh Fruit & Ice Cream Treat	Breakfast Select 1 Entrée Cereal & Poptart Lunch Select 1 Entrée Baked Chicken w/ Dinner Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Steamy Broccoli w/ Cheese Golden French Fries Fresh Fruit & Chilly Pears	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 & Chilly Mixed Fruit
June 3	June 4	June 5	June 6	June 7
Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Walking Taco Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Crunchy Baby Carrots w/ Dip Mild Salsa - Lettuce & Tomato Fresh Fruit or Mandarin Oranges	Breakfast Select 1 Entrée Yogurt Parfait w/ Fruit & Granola Lunch Select 1 Entrée Chicken Tenders w/ Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Golden French Fries Steamy Golden Corn Chilly Peaches or Fresh Fruit	Breakfast Select 1 Entrée app Lunch Select 1 Entrée Ravioli w/ Dinner Roll Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Side Salad w/ Choice of Dressing Crunchy Baby Carrots w/ Dip Fresh Fruit & Chilly Applesauce	Breakfast Select 1 Entrée Bagel & Cream Cheese Lunch Select 1 Entrée Cheesy Pizza Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Steamy Broccoli Fresh Veggies w/ Dip Fresh Fruit & Chilly Pears	Breakfast Select 1 Entrée 2- Poptarts Lunch Select 1 Entrée Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Golden French Fries Fresh Veggies w/ Dip Fresh Fruit & Chilly Mixed Fruit
June 10	June 11			
Breakfast Select 1 Entrée Cereal & NutriGrain Bar Lunch Select 1 Entrée Deli Hoagie w/ Lettuce Peanut Butter & Jelly Sandwich Select up to 2 Vegetables & up to 2 Fruit Assorted Fresh Veggies Assorted Fruits	Breakfast Select 1 Entrée 2- Poptarts Early Dismissal - 11 AM Summer Vacation			



Menu subject to change without notice! We are an equal opportunity provider.
 WE NEED YOU! NOW HIRING - Permanent & Substitute Positions!

