

WILSON SCHOOL DISTRICT Grades 6-8

AUGUST & SEPTEMBER 2019

WELCOME BACK!!

Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch Items Offered Daily</u></p> <p>Smucker's PB&J Wilson Pizza Lunchable^* Wilson Vegetarian Lunchable^ Variety of Yogurt Parfaits ~ Sandwiches*: Ham^ & Cheese Turkey & Cheese American Cheese</p>	<p><u>Daily Salads served with Roll & Croutons*</u></p> <p>Chef's Salad w/ Popcorn Chicken* Chef's Salad w/ Spicy Popcorn Chicken Chef's Salad w/ Ham^ & Cheese* Chef's Salad w/ Turkey & Cheese* Almost Vegetarian Salad (Egg, Sunflower Seeds, Cheese)</p>	<p><u>Choice of Milk with Lunch</u></p> <p>Skim White, 1% White, 1% Chocolate or Strawberry Lactose Free or Soy Milk</p> 	<p><u>Meal Prices</u></p> <p>Elementary Lunch \$2.75 Middle School Lunch \$2.95 High School Lunch \$3.15 Reduced Lunch \$.40 Adult Lunch \$5.10</p>	<p><u>LUNCH - Select 1 Entrée</u></p> <p>Choose 1 or 2 Veggies and/or 1 or 2 Fruits, Select Favorite Milk</p> <p><i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
<p>August 26</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chicken Nuggets* w/ Goldfish Crackers* MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked French Fries Steamy Broccoli Apples, Banana, Orange, Applesauce</p>	<p>August 27</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Cheeseburger Nachos* French Toast Sticks w/ Sausage <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Baby Carrots w/ Ranch Dip Lettuce & Tomato Apples, Banana, Orange, Diced Peaches</p>	<p>August 28</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Stuffed Crust Cheese Pizza Chef's Salad w/ Popcorn Chicken* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Mixed Berries</p>	<p>August 29</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Three Cheese Calzone Hot Ham & Cheese on Pretzel Bun* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Cucumber Slices w/ Ranch Dip Steamy Green Beans Apples, Banana, Orange, Diced Pears</p>	<p>August 30</p> <p><u>SCHOOL CLOSED!</u></p> <p>LABOR DAY WEEKEND</p> 
<p>September 2</p> <p>SCHOOL CLOSED! LABOR DAY</p> <p>Reminder Due by Sept. 13!! You MUST complete a NEW Free & Reduced Price Meal Application every year! The Free & Reduced Application is on-line in Skyward Student.</p>	<p>September 3</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Walking Taco w/ Beef & Cheese* Cheese or Hawaiian Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Steamy Yellow Corn Housemade Black Bean Salsa Apples, Banana, Orange, Diced Peaches</p>	<p>September 4</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Popcorn Chicken* w/ Goldfish Crackers* Gianotti's Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Hash Brown Rounds Steamy Mixed Vegetables Apples, Banana, Orange, Mixed Berries</p>	<p>September 5</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Spaghetti w/ Meatballs Chicken Patty *Sandwich* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Baby Carrots w/ Ranch Dip Steamy Broccoli Apples, Banana, Orange, Diced Pears</p>	<p>September 6</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chef Salad w/ Popcorn Chicken* Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked French Fries Grape Tomatoes w/ Ranch Dip Apples, Banana, Orange, Mixed Fruit</p>
<p>September 9</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chicken Tenders* w/ Dipping Sauces Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Emoji Fries Steamy Broccoli Apples, Banana, Orange, Applesauce</p>	<p>September 10</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Cheeseburger* on Roll Garden Salad w/ Cheese & Mini Fruit Loaf* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Peaches</p>	<p>September 11</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chicken Patty Sandwich* Meatball Sandwich <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Tater Tots Celery Sticks w/ Ranch Dip Apples, Banana, Orange, Mixed Berries</p>	<p>September 12</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chicken & Cheese Fajita* MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Steamy Yellow Corn Roasted Onions & Peppers Apples, Banana, Orange, Diced Pears</p>	<p>September 13</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Mickey's Cheese Pizza Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Potato Smiles BBQ Baked Beans Apples, Banana, Orange, Mixed Fruit</p>



— WELCOME —
BACK TO SCHOOL





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Monday	Tuesday	Wednesday	Thursday	Friday
September 16	September 17	September 18	September 19	September 20
<p><u>Lunch Select 1 Entrée</u> Cheesy Ravioli Chicken Bacon Ranch Sandwich* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Applesauce</p>	<p><u>Lunch Select 1 Entrée</u> Tostito Taco Tuesday* Hamburger on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Corn Mexican Black Beans Apples, Banana, Orange, Diced Peaches</p>	 <p><u>Lunch Select 1 Entrée</u> Gianotti's Pizza American Hoagie* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Hash Brown Rounds Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries</p>	<p><u>Lunch Select 1 Entrée</u> Deep Dish Personal Cheese Pizza Steak Sandwich* w/ Sauce <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears</p>	<p><u>Lunch Select 1 Entrée</u> Grilled Chicken Caesar Salad/CROUTONS Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Waffle Fries Steamy Green Beans Apples, Banana, Orange, Mixed Fruit</p>
September 23	September 24	September 25	September 26 - Early Dismissal	September 27
<p><u>Lunch Select 1 Entrée</u> Chicken Nuggets* w/ Goldfish Crackers* MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked French Fries Steamy Broccoli Apples, Banana, Orange, Applesauce</p>	<p><u>Lunch Select 1 Entrée</u> Cheeseburger Nachos* French Toast Sticks w/ Sausage <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Baby Carrots w/ Ranch Dip Lettuce & Tomato Apples, Banana, Orange, Diced Peaches</p>	<p><u>Lunch Select 1 Entrée</u> Stuffed Crust Cheese Pizza Chef's Salad w/ Popcorn Chicken* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Mixed Berries</p>	<p><u>Lunch Select 1 Entrée</u> Smucker's PB&J Wilson Pizza Lunchable^* Wilson Vegetarian Lunchable^ Baby Carrots w/ Ranch Dip Crunchy Celery Sticks Apples, Banana, Orange, Diced Pears</p>	<p><u>Lunch Select 1 Entrée</u> Mickey's Cheese Pizza Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Waffle Fries BBQ Baked Beans Apples, Banana, Orange, Mixed Fruit</p>
September 30				
<p><u>Lunch Select 1 Entrée</u> Veggie Burger on WG Roll* Cheesy Pasta Bake <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked French Fries Roasted Ranch Chick Peas Apples, Banana, Orange, Applesauce</p>				

We are an equal opportunity provider and employer. Menu subject to change without notice!