


WILSON SCHOOL DISTRICT		River Rock Academy		August & September 2019	
				Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<u>Lunch Items Offered Daily</u> Smucker's PB&J	<u>Meal Prices</u> Lunch \$2.95 Reduced Lunch \$.40 Adult Meal \$5.10	<u>Variety of Milk Available Daily:</u> 1% White, Skim White, 1% Chocolate, 1% Strawberry Lactose Free	<u>LUNCH - Select 1 Entrée</u> Choose 1 or 2 Veggies and/or 1 or 2 Fruits, Select Favorite Milk	Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.	
			<b>August 22</b>	<b>August 23</b>	
			<u>Lunch Select 1 Entrée</u> Turkey & Cheese Deli Hoagie* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Baby Carrots w/ Ranch Dip Side Salad w/ Dressing Apples, Banana, Orange, Diced Pears	<u>Lunch Select 1 Entrée</u> Cheeseburger on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Golden French Fries Crunchy Celery & Dip Apples, Banana, Orange, Mixed Fruit	
<b>8//26</b>	<b>August 27</b>	<b>August 28</b>	<b>August 29</b>	<b>August 30</b>	
<u>Lunch Select 1 Entrée</u> MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked French Fries Steamy Broccoli Apples, Banana, Orange, Applesauce	<u>Lunch Select 1 Entrée</u> Cheeseburger Nachos* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Baby Carrots w/ Ranch Dip Lettuce & Tomato Apples, Banana, Orange, Diced Peaches	<u>Lunch Select 1 Entrée</u> Stuffed Crust Cheese Pizza <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Mixed Berries	<u>Lunch Select 1 Entrée</u> Hot Ham ^ & Cheese on Pretzel Bun <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Cucumber Slices w/ Ranch Dip Steamy Green Beans Apples, Banana, Orange, Diced Pears	<u>School Closed</u> 	
<b>September 2</b>	<b>September 3</b>	<b>September 4</b>	<b>September 5</b>	<b>September 6</b>	
<u>School Closed - Happy Labor Day</u> 	<u>Lunch Select 1 Entrée</u> Walking Taco w/ Beef & Cheese* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Steamy Yellow Corn House made Black Bean Salsa Apples, Banana, Orange, Diced Peaches	<u>Lunch Select 1 Entrée</u> Popcorn Chicken w/ Goldfish Crackers <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked Hash Brown Rounds Steamy Mixed Vegetables Apples, Banana, Orange, Mixed Berries	<u>Lunch Select 1 Entrée</u> Chicken Patty Sandwich* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Baby Carrots w/ Ranch Dip Steamy Broccoli Apples, Banana, Orange, Diced Pears	<u>Lunch Select 1 Entrée</u> Berk's Beef Hot Dog on WG Roll (2 each)* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked French Fries Grape Tomatoes w/ Ranch Dip Apples, Banana, Orange, Mixed Fruit	
<b>September 9</b>	<b>September 10</b>	<b>September 11</b>	<b>September 12</b>	<b>September 13</b>	
<u>Lunch Select 1 Entrée</u> Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked Emoji Fries Steamy Broccoli Apples, Banana, Orange, Applesauce	<u>Lunch Select 1 Entrée</u> Cheeseburger on WG Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Peaches	<u>Lunch Select 1 Entrée</u> Meatball Sandwich <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked Tater Tots Celery Sticks w/ Ranch Dip Apples, Banana, Orange, Mixed Berries	<u>Lunch Select 1 Entrée</u> Chicken & Cheese Fajita <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Steamy Yellow Corn Roasted Onions & Peppers Apples, Banana, Orange, Diced Pears	<u>Lunch Select 1 Entrée</u> Mickey's Cheese Pizza <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked Potato Smiles BBQ Baked Beans Apples, Banana, Orange, Mixed Fruit	
<b>September 16</b>	<b>September 17</b>	<b>September 18</b>	<b>September 19</b>	<b>September 20</b>	
<u>Lunch Select 1 Entrée</u> Chicken Bacon Ranch Sandwich <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Applesauce	<u>Lunch Select 1 Entrée</u> Tostito Taco ^^ Tuesday <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Steamy Corn Mexican Black Beans Apples, Banana, Orange, Diced Peaches	<u>Lunch Select 1 Entrée</u> Gianotti's Pizza <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked Hash Brown Rounds Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries	<u>Lunch Select 1 Entrée</u> Steak Sandwich w/ Sauce * <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears	<u>Lunch Select 1 Entrée</u> Berk's Beef Hot Dog on WG Roll (2 each)* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked Waffle Fries Steamy Green Beans Apples, Banana, Orange, Mixed Fruit	

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<u>September 23</u>	<u>September 24</u>	<u>September 25</u>	<u>September 26</u>	<u>September 27</u>	
<u>Lunch Select 1 Entrée</u> MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked French Fries Steamy Broccoli Apples, Banana, Orange, Applesauce	<u>Lunch Select 1 Entrée</u> Cheeseburger Nachos* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Baby Carrots w/ Ranch Dip Lettuce & Tomato Apples, Banana, Orange, Diced Peaches	<u>Lunch Select 1 Entrée</u> Stuffed Crust Cheese Pizza <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Mixed Berries	<u>Lunch Select 1 Entrée</u> Hot Ham^ & Cheese on Pretzel Bun* <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Cucumber Slices w/ Ranch Dip Steamy Green Beans Apples, Banana, Orange, Diced Pears	<u>Lunch Select 1 Entrée</u> Three Cheese Calzone <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked Waffle Fries BBQ Baked Beans Apples, Banana, Orange, Mixed Fruit	
<u>September 30</u>					
<u>Lunch Select 1 Entrée</u> Veggie Burger on WG Roll <u>Select 1 or 2 Vegetables &amp;/or 1 Fruit</u> Oven Baked French Fries Roasted Ranch Chick Peas Apples, Banana, Orange, Applesauce					

Eliminate lost or forgotten meal money! Pre-Pay for meals using e-Funds or pay by check!!