WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 5		October 2019		
Contact the Food Services Office- 610.670.0180 x 1147			Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free	
Monday	Tuesday	Wednesday	🌶 Thursday	Friday
National School Lunch Week	Help us Celebrate our Custodians!!	Daily Lunch Offerings	Lunch Meal Prices	LUNCH - Select 1 Entrée
October 14 - 18!!	Wednesday, October 2 is	Smucker's PB&J	Elementary Lunch \$2.75	Choose 1 or 2 Veggies and/or
Help your Cafeteria	Thank a Custodian Day!!	Wilson Pizza Lunchable*^	Middle School Lunch \$2.95	1or 2 Fruit, Select Favorite Milk
earn the GOLDEN SPATULA!!	Paris Alexander	Wilson Vegetarian Lunchable*	High School Lunch \$3.15	Your lunch must have 3 food
WILLIAM COLLYGUE DI AVILLET	0.0	Yoplait Yogurt~ Parfait	Reduced Lunch \$.40	components, 1 must be a 1/2 cup of
WHAT'S ON YOUR PLAYLIST				vegetable or fruit.
, 0 🐸	October 1	October 2	October 3	October 4
A D	Lunch Select 1 Entrée	Lunch Select 1 Entrée	Lunch Select 1 Entrée	Lunch Select 1 Entrée
ا وراد او والإنجاد	Walking Taco w/ Beef & Cheese*	Popcorn Chicken w/ Goldfish Crackers	Spaghetti w/ Meatballs	Chef Salad w/ Turkey, Egg & Cheese*
	Cheese or Hawaiian Pizza	Cheeseburger on WG Roll*	Chicken Patty Sandwich*	Berk's All Beef Hot Dog* on WG Roll
	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits
	Steamy Yellow Corn	Oven Baked Hash Brown Rounds	Baby Carrots w/ Ranch Dip	Oven Baked French Fries
	Housemade Black Bean Salsa	Steamy Mixed Vegetables	Steamy Broccoli	Grape Tomatoes w/ Ranch Dip
	Apples, Banana, Orange, Diced Peaches	Apples, Banana, Orange, Mixed Berries	Apples, Banana, Orange, Diced Pears	Apples, Banana, Orange, Mixed Fruit
October 7	October 8	October 9	October 10	October 11
School Closed - Teacher Act 80 Day	<u>Lunch Select 1 Entrée</u>	Lunch Select 1 Entrée	Lunch Select 1 Entrée	Lunch Select 1 Entrée
Columbus Day is	Cheeseburger* on WG Roll	Chicken* Patty Sandwich	Chicken & Cheese Fajita	Mickey's Cheese Pizza
celebrated on	Garden Salad w/Cheese* & Mini Fruit Loaf	Meatballs & Sauce on Club Roll	MAX Cheese Sticks w/ Marinara	Berk's All Beef Hot Dog* on WG Roll
Monday, October 14	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits
Columbus Day	Baby Carrots w/ Ranch Dip	Oven Baked Tater Tots	Steamy Yellow Corn	Oven Baked Potato Smiles
Create a paper boat	Steamy Mixed Vegetables	Celery Sticks w/ Ranch Dip	Roasted Onions & Peppers	BBQ Baked Beans
	Apples, Banana, Orange, Diced Peaches		Apples, Banana, Orange, Diced Pears	Apples, Banana, Orange, Mixed Fruit
October 14	October 15	October 16	October 17	October 18
Lunch Select 1 Entrée	Lunch Select 1 Entrée	Lunch Select 1 Entrée		
Cheesy Ravioli	Tostito Taco* Tuesday	Chicken & Cheese Quesadilla	Deep Dish Personal Cheese Pizza	Grilled Chicken Caesar Salad/Croutons*
Chicken Bacon Ranch* Sandwich	Hamburger* on WG Roll	American* Hoagie	Turkey & Cheese on Roll *	Berk's All Beef Hot Dog* on WG Roll
Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits	Select 1-2 Vegetables &/ 1-2 Fruits
Seasoned Curly Fries	Steamy Corn			
Gandon Sido Salad	l	Oven Baked Hash Brown Rounds	Baby Carrots w/ Ranch Dip	Oven Baked Waffle Fries
Garden Side Salad	Mexican Black Beans	Broccoli Florets w/ Dip	Steamy Mixed Vegetables	Steamy Green Beans
Apples, Banana, Orange, Applesauce	Apples, Banana, Orange, Diced Peaches	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit
Apples, Banana, Orange, Applesauce October 21	Apples, Banana, Orange, Diced Peaches October 22	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25
Apples, Banana, Orange, Applesauce October 21 Lunch Select 1 Entrée	Apples, Banana, Orange, Diced Peaches October 22 Lunch Select 1 Entrée	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23 Lunch Select 1 Entrée	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24 Lunch Select 1 Entrée	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25 Lunch Select 1 Entrée
Apples, Banana, Orange, Applesauce October 21 <u>Lunch Select 1 Entrée</u> Chicken Nuggets* w/ Goldfish Crackers	Apples, Banana, Orange, Diced Peaches October 22 Lunch Select 1 Entrée Cheeseburger Nachos*	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23 Lunch Select 1 Entrée Stuffed Crust Cheese Pizza	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24 Lunch Select 1 Entrée Three Cheese Calzone	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25 Lunch Select 1 Entrée Mickey's Cheese Pizza
Apples, Banana, Orange, Applesauce October 21 <u>Lunch Select 1 Entrée</u> Chicken Nuggets* w/ Goldfish Crackers MAX Cheese Sticks w/ Marinara	Apples, Banana, Orange, Diced Peaches October 22 Lunch Select 1 Entrée Cheeseburger Nachos* French Toast Sticks w/ Sausage	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23 <u>Lunch Select 1 Entrée</u> Stuffed Crust Cheese Pizza Popcorn Chicken Chef's Salad	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24 Lunch Select 1 Entrée Three Cheese Calzone Hot Ham^ & Cheese* on Pretzel Roll	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25 Lunch Select 1 Entrée Mickey's Cheese Pizza Berk's All Beef Hot Dog* on WG Roll
Apples, Banana, Orange, Applesauce October 21 Lunch Select 1 Entrée Chicken Nuggets* w/ Goldfish Crackers MAX Cheese Sticks w/ Marinara Select 1-2 Vegetables &/ 1-2 Fruits	Apples, Banana, Orange, Diced Peaches October 22 Lunch Select 1 Entrée Cheeseburger Nachos* French Toast Sticks w/ Sausage Select 1-2 Vegetables &/ 1-2 Fruits	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23 Lunch Select 1 Entrée Stuffed Crust Cheese Pizza Popcorn Chicken Chef's Salad Select 1-2 Vegetables &/ 1-2 Fruits	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24 Lunch Select 1 Entrée Three Cheese Calzone Hot Ham^ & Cheese* on Pretzel Roll Select 1-2 Vegetables &/ 1-2 Fruits	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25 Lunch Select 1 Entrée Mickey's Cheese Pizza Berk's All Beef Hot Dog* on WG Roll Select 1-2 Vegetables &/ 1-2 Fruits
Apples, Banana, Orange, Applesauce October 21 Lunch Select 1 Entrée Chicken Nuggets* w/ Goldfish Crackers MAX Cheese Sticks w/ Marinara Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked French Fries	Apples, Banana, Orange, Diced Peaches October 22 Lunch Select 1 Entrée Cheeseburger Nachos* French Toast Sticks w/ Sausage Select 1-2 Vegetables &/ 1-2 Fruits Baby Carrots w/ Ranch Dip	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23 Lunch Select 1 Entrée Stuffed Crust Cheese Pizza Popcorn Chicken Chef's Salad Select 1-2 Vegetables &/ 1-2 Fruits Seasoned Curly Fries	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24 Lunch Select 1 Entrée Three Cheese Calzone Hot Ham^ & Cheese* on Pretzel Roll Select 1-2 Vegetables &/ 1-2 Fruits Cucumber Slices w/ Ranch Dip	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25 Lunch Select 1 Entrée Mickey's Cheese Pizza Berk's All Beef Hot Dog* on WG Roll Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Waffle Fries
Apples, Banana, Orange, Applesauce October 21 Lunch Select 1 Entrée Chicken Nuggets* w/ Goldfish Crackers MAX Cheese Sticks w/ Marinara Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked French Fries Steamy Broccoli	Apples, Banana, Orange, Diced Peaches October 22 Lunch Select 1 Entrée Cheeseburger Nachos* French Toast Sticks w/ Sausage Select 1-2 Vegetables &/ 1-2 Fruits Baby Carrots w/ Ranch Dip Lettuce & Tomato	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23 Lunch Select 1 Entrée Stuffed Crust Cheese Pizza Popcorn Chicken Chef's Salad Select 1-2 Vegetables &/ 1-2 Fruits Seasoned Curly Fries Garden Side Salad	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24 Lunch Select 1 Entrée Three Cheese Calzone Hot Ham^ & Cheese* on Pretzel Roll Select 1-2 Vegetables &/ 1-2 Fruits Cucumber Slices w/ Ranch Dip Steamy Green Beans	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25 Lunch Select 1 Entrée Mickey's Cheese Pizza Berk's All Beef Hot Dog* on WG Roll Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Waffle Fries BBQ Baked Beans
Apples, Banana, Orange, Applesauce October 21 Lunch Select 1 Entrée Chicken Nuggets* w/ Goldfish Crackers MAX Cheese Sticks w/ Marinara Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked French Fries Steamy Broccoli Apples, Banana, Orange, Applesauce	Apples, Banana, Orange, Diced Peaches October 22 Lunch Select 1 Entrée Cheeseburger Nachos* French Toast Sticks w/ Sausage Select 1-2 Vegetables &/ 1-2 Fruits Baby Carrots w/ Ranch Dip Lettuce & Tomato Apples, Banana, Orange, Diced Peaches	Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries October 23 Lunch Select 1 Entrée Stuffed Crust Cheese Pizza Popcorn Chicken Chef's Salad Select 1-2 Vegetables &/ 1-2 Fruits Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Mixed Berries	Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears October 24 Lunch Select 1 Entrée Three Cheese Calzone Hot Ham^ & Cheese* on Pretzel Roll Select 1-2 Vegetables &/ 1-2 Fruits Cucumber Slices w/ Ranch Dip Steamy Green Beans Apples, Banana, Orange, Diced Pears	Steamy Green Beans Apples, Banana, Orange, Mixed Fruit October 25 Lunch Select 1 Entrée Mickey's Cheese Pizza Berk's All Beef Hot Dog* on WG Roll Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Waffle Fries
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