













WILSON SCHOOL DISTRICT Grades 6-8

October 2019

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</p> <p>Wilson Pizza Lunchable^^</p> <p>Wilson Vegetarian Lunchable^</p> <p>Variety of Yogurt Parfaits ~</p> <p>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*</p> <p>Chef's Salad w/ Spicy Popcorn Chicken</p> <p>Chef's Salad w/ Ham^ & Cheese*</p> <p>Chef's Salad w/ Turkey & Cheese*</p> <p>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</p> <p>Middle School Lunch \$2.95</p> <p>High School Lunch \$3.15</p> <p>Reduced Lunch \$.40</p> <p>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>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
<p>Celebrate OUR Custodians!!</p> <p>Wednesday, October 2 is Thank a Custodian Day!!</p> 	<p>October 1</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Walking Taco w/ Beef & Cheese* Cheese or Hawaiian Pizza</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Steamy Yellow Corn House made Black Bean Salsa</p> <p>Apples, Banana, Orange, Diced Peaches</p>	<p>October 2</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Popcorn Chicken* w/ Goldfish Crackers* Giannotti's Pizza</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Hash Brown Rounds Steamy Mixed Vegetables</p> <p>Apples, Banana, Orange, Mixed Berries</p>	<p>October 3</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Spaghetti w/ Meatballs Chicken Patty *Sandwich*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Baby Carrots w/ Ranch Dip Steamy Broccoli</p> <p>Apples, Banana, Orange, Diced Pears</p>	<p>October 4</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chef Salad w/ Popcorn Chicken* Berk's Beef Hot Dog on Roll*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked French Fries Grape Tomatoes w/ Ranch Dip</p> <p>Apples, Banana, Orange, Mixed Fruit</p>
<p>October 7</p> <p>School Closed - Teacher In-Service</p> <p>October 14 - 18!!</p> <p>Help Your Cafeteria win the Golden Spatula!!</p> <p>What's On Your Playlist?</p> 	<p>October 8</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Cheeseburger* on Roll</p> <p>Garden Salad w/ Cheese & Mini Fruit Loaf*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables</p> <p>Apples, Banana, Orange, Diced Peaches</p>	<p>October 9</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chicken Patty Sandwich* Meatball Sandwich</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Tater Tots Celery Sticks w/ Ranch Dip</p> <p>Apples, Banana, Orange, Mixed Berries</p>	<p>October 10</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chicken & Cheese Fajita* MAX Cheese Sticks w/ Marinara</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Steamy Yellow Corn Roasted Onions & Peppers</p> <p>Apples, Banana, Orange, Diced Pears</p>	<p>October 11</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Mickey's Cheese Pizza Berk's Beef Hot Dog on Roll*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Potato Smiles BBQ Baked Beans</p> <p>Apples, Banana, Orange, Mixed Fruit</p>
<p>October 14</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Cheesy Ravioli </p> <p>Chicken Bacon Ranch Sandwich*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Seasoned Curly Fries Garden Side Salad</p> <p>Apples, Banana, Orange, Applesauce</p>	<p>October 15</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Tostito Taco Tuesday* </p> <p>Hamburger on Roll*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Steamy Corn Mexican Black Beans</p> <p>Apples, Banana, Orange, Diced Peaches</p>	<p>October 16</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Giannotti's Pizza </p> <p>American Hoagie*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Hash Brown Rounds Broccoli Florets w/ Dip</p> <p>Apples, Banana, Orange, Mixed Berries</p>	<p>October 17</p> <p><u>Lunch Select 1 Entrée</u> </p> <p>Deep Dish Personal Cheese Pizza Steak Sandwich* w/ Sauce</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables</p> <p>Apples, Banana, Orange, Diced Pears</p>	<p>October 18</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Grilled Chicken Caesar Salad/Croutons Berk's Beef Hot Dog on Roll*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Waffle Fries Steamy Green Beans</p> <p>Apples, Banana, Orange, Mixed Fruit</p>
<p>October 21</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Chicken Nuggets* w/ Goldfish Crackers* MAX Cheese Sticks w/ Marinara</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked French Fries Steamy Broccoli</p> <p>Apples, Banana, Orange, Applesauce</p>	<p>October 22</p> <p><u>Lunch Select 1 Entrée</u> </p> <p>Cheeseburger Nachos*</p> <p>French Toast Sticks w/ Sausage</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Baby Carrots w/ Ranch Dip Lettuce & Tomato</p> <p>Apples, Banana, Orange, Diced Peaches</p>	<p>October 23</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Stuffed Crust Cheese Pizza Chef's Salad w/ Popcorn Chicken*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Seasoned Curly Fries Garden Side Salad</p> <p>Apples, Banana, Orange, Mixed Berries</p>	<p>October 24</p> <p><u>Lunch Select 1 Entrée</u> </p> <p>Three Cheese Calzone Hot Ham & Cheese on Pretzel Bun*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Cucumber Slices w/ Ranch Dip Steamy Green Beans</p> <p>Apples, Banana, Orange, Diced Pears</p>	<p>October 25</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Mickey's Cheese Pizza Berk's Beef Hot Dog on Roll*</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Waffle Fries BBQ Baked Beans</p> <p>Apples, Banana, Orange, Mixed Fruit</p>
<p>October 27</p> <p><u>Lunch Select 1 Entrée</u> </p> <p>Veggie Burger on WG Roll*</p> <p>Cheesy Pasta Bake</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked French Fries Roasted Ranch Chick Peas</p> <p>Apples, Banana, Orange, Applesauce</p>	<p>October 29</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Walking Taco w/ Beef & Cheese* Cheese or Hawaiian Pizza</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Steamy Yellow Corn House made Black Bean Salsa</p> <p>Apples, Banana, Orange, Diced Peaches</p>	<p>October 30</p> <p><u>Lunch Select 1 Entrée</u> </p> <p>Popcorn Chicken* w/ Goldfish Crackers* Giannotti's Pizza</p> <p><u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u></p> <p>Oven Baked Hash Brown Rounds Steamy Mixed Vegetables</p> <p>Apples, Banana, Orange, Mixed Berries</p>	<p>October 31 - Early Dismissal</p> <p><u>Lunch Select 1 Entrée</u></p> <p>Smucker's PB&J w/ Chips Ham & Cheese Sandwich w/ Chips Baby Carrots w/ Ranch Dip Crunchy Celery Sticks w/ Ranch Dip Assorted Fruit</p>	