







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 October 14 - 18!! Help your Cafeteria earn the GOLDEN SPOON!! WHAT'S ON YOUR PLAYLIST 	Help us Celebrate our Custodians!! Wednesday, October 2 is Thank a Custodian Day!! 	Daily Lunch Offerings Smucker's PB&J Wilson Pizza Lunchable* Wilson Vegetarian Lunchable* YoPlait Yogurt~ Parfait 	Lunch Meal Prices Elementary Lunch \$2.75 Middle School Lunch \$2.95 High School Lunch \$3.15 Reduced Lunch \$.40 	LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1or 2 Fruit, Select Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.
	October 1 Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* Cheese or Hawaiian Pizza Select 1-2 Vegetables &/ 1-2 Fruits Steamy Yellow Corn Housemade Black Bean Salsa Apples, Banana, Orange, Diced Peaches	October 2 Lunch Select 1 Entrée Popcorn Chicken w/ Goldfish Crackers Cheeseburger on WG Roll* Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Hash Brown Rounds Steamy Mixed Vegetables Apples, Banana, Orange, Mixed Berries	October 3 Lunch Select 1 Entrée Spaghetti w/ Meatballs Chicken Patty Sandwich* Select 1-2 Vegetables &/ 1-2 Fruits Baby Carrots w/ Ranch Dip Steamy Broccoli Apples, Banana, Orange, Diced Pears	October 4 Lunch Select 1 Entrée Chef Salad w/ Turkey, Egg & Cheese* Berk's All Beef Hot Dog* on WG Roll Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked French Fries Grape Tomatoes w/ Ranch Dip Apples, Banana, Orange, Mixed Fruit
October 7 Lunch Select 1 Entrée Cheesy Ravioli Chicken Bacon Ranch* Sandwich Select 1-2 Vegetables &/ 1-2 Fruits Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Applesauce	October 8 Lunch Select 1 Entrée Cheeseburger* on WG Roll Garden Salad w/Cheese* & Mini Fruit Loaf Select 1-2 Vegetables &/ 1-2 Fruits Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Peaches	October 9 Lunch Select 1 Entrée Chicken* Patty Sandwich Meatballs & Sauce on Club Roll Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Tater Tots Celery Sticks w/ Ranch Dip Apples, Banana, Orange, Mixed Berries	October 10 Lunch Select 1 Entrée Chicken & Cheese Fajita MAX Cheese Sticks w/ Marinara Select 1-2 Vegetables &/ 1-2 Fruits Steamy Yellow Corn Roasted Onions & Peppers Apples, Banana, Orange, Diced Pears	October 11 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 Potato Smiles BBQ Baked Beans Apples, Banana, Orange, Mixed Fruit
October 14 School Closed - Teacher Act 80 Day Columbus Day is celebrated on Monday, October 14  Create a paper boat and sail it to a new adventure!	October 15 Lunch Select 1 Entrée Tostito Taco* Tuesday Hamburger* on WG Roll Select 1-2 Vegetables &/ 1-2 Fruits Steamy Corn Mexican Black Beans Apples, Banana, Orange, Diced Peaches	October 16 Lunch Select 1 Entrée Chicken & Cheese Quesadilla American* Hoagie Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Hash Brown Rounds Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries	October 17 Lunch Select 1 Entrée Deep Dish Personal Cheese Pizza Turkey & Cheese on Roll * Select 1-2 Vegetables &/ 1-2 Fruits Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears	October 18 Lunch Select 1 Entrée Grilled Chicken Caesar Salad/CROUTONS* Berk's All Beef Hot Dog* on WG Roll Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Waffle Fries Steamy Green Beans Apples, Banana, Orange, Mixed Fruit
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	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	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	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	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, Mixed Fruit
October 28 Lunch Select 1 Entrée Veggie Burger* on WG Roll Grilled Cheese* Sandwich Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked French Fries Roasted Ranch Chick Peas Apples, Banana, Orange, Applesauce	October 29 Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* Cheese or Hawaiian Pizza Select 1-2 Vegetables &/ 1-2 Fruits Steamy Yellow Corn Housemade Black Bean Salsa Apples, Banana, Orange, Diced Peaches	October 30 Lunch Select 1 Entrée Popcorn Chicken w/ Goldfish Crackers Cheeseburger on WG Roll* Select 1-2 Vegetables &/ 1-2 Fruits Oven Baked Hash Brown Rounds Steamy Mixed Vegetables Apples, Banana, Orange, Mixed Berries	October 31 - Early Dismissal Lunch Select 1 Entrée Smucker's PB&J w/ Chips Ham & Cheese Sandwich w/Chips Baby Carrots w/ Ranch Dip Celery Sticks w/ Ranch Dip Assorted Fruit	

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