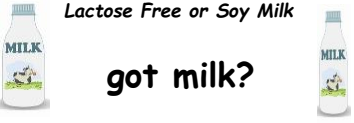
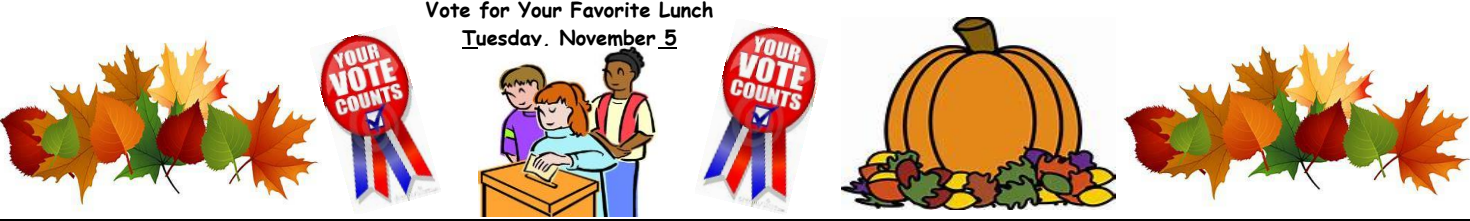





WILSON SCHOOL DISTRICT Grades 6-8			November 2019	
Contact the Food Services Office - 610.670.0180 x 1147			Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free	
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch Items Offered Daily</u> Smucker's PB&J Wilson Pizza Lunchable^^ Wilson Vegetarian Lunchable^ Variety of Yogurt Parfaits ~ Sandwiches*: Ham^ & Cheese Turkey & Cheese American Cheese	<u>Daily Salads served with Roll &amp; Croutons*</u> 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)	Choice of Milk with Lunch Skim White, 1% White, 1% Chocolate or Strawberry Lactose Free or Soy Milk 	<u>Meal Prices</u> Elementary Lunch \$2.75 Middle School Lunch \$2.95 High School Lunch \$3.15 Reduced Lunch \$.40 Adult Lunch \$5.10	<u>LUNCH - Select 1 Entrée</u> Choose 1 or 2 Veggies and/or 1 or 2 Fruits, Select Favorite Milk  <b>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</b>
Vote for Your Favorite Lunch Tuesday, November 5 				November 1 <u>Lunch Select 1 Entrée</u> Chef Salad w/ Popcorn Chicken* Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked French Fries Grape Tomatoes w/ Ranch Dip Apples, Banana, Orange, Mixed Fruit
November 4 <u>Lunch Select 1 Entrée</u> Chicken Tenders* w/ Dipping Sauces Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Emoji Fries Steamy Broccoli Apples, Banana, Orange, Applesauce	November 5 <u>Lunch Select 1 Entrée</u> Cheeseburger* on Roll Garden Salad w/ Cheese & Mini Fruit Loaf* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Peaches	November 6 <u>Lunch Select 1 Entrée</u> Chicken Patty Sandwich* Meatball Sandwich <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Tater Tots Celery Sticks w/ Ranch Dip Apples, Banana, Orange, Mixed Berries	November 7 <u>Lunch Select 1 Entrée</u> Chicken & Cheese Fajita* MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Steamy Yellow Corn Roasted Onions & Peppers Apples, Banana, Orange, Diced Pears	November 8 <u>Lunch Select 1 Entrée</u> Mickey's Cheese Pizza Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Potato Smiles BBQ Baked Beans Apples, Banana, Orange, Mixed Fruit
November 11 School Closed - Act 80 Day 	November 12 <u>Lunch Select 1 Entrée</u> Tostito Taco Tuesday* Hamburger on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Steamy Corn Mexican Black Beans Apples, Banana, Orange, Diced Peaches	November 13 <u>Lunch Select 1 Entrée</u> Gianotti's Pizza American Hoagie* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Hash Brown Rounds Broccoli Florets w/ Dip Apples, Banana, Orange, Mixed Berries	November 14 <u>Lunch Select 1 Entrée</u> Deep Dish Personal Cheese Pizza Steak Sandwich* w/ Sauce <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Baby Carrots w/ Ranch Dip Steamy Mixed Vegetables Apples, Banana, Orange, Diced Pears	November 15 <u>Lunch Select 1 Entrée</u> Grilled Chicken Caesar Salad/Croutons Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Waffle Fries Steamy Green Beans Apples, Banana, Orange, Mixed Fruit
November 18 <u>Lunch Select 1 Entrée</u> Chicken Nuggets* w/ Goldfish Crackers* MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked French Fries Steamy Broccoli Apples, Banana, Orange, Applesauce	November 19 <u>Lunch Select 1 Entrée</u> Cheeseburger Nachos* French Toast Sticks w/ Sausage <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Baby Carrots w/ Ranch Dip Lettuce & Tomato Apples, Banana, Orange, Diced Peaches	November 20 <u>Lunch Select 1 Entrée</u> Stuffed Crust Cheese Pizza Chef's Salad w/ Popcorn Chicken* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Seasoned Curly Fries Garden Side Salad Apples, Banana, Orange, Mixed Berries	November 21 <u>Thanksgiving Feast</u> Sliced Roast Turkey w/ Gravy Bread Dressing <u>Select 1-2 Vegetables &amp;/ 1-2 Fruits</u> Fluffy Whipped Potatoes Steamy Green Beans Apples, Pumpkin Pie	November 22 <u>Lunch Select 1 Entrée</u> Mickey's Cheese Pizza Berk's Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Waffle Fries BBQ Baked Beans Apples, Banana, Orange, Mixed Fruit
November 25 - Early Dismissal <u>Lunch Select 1 Entrée</u> Smucker's PB&J Ham & Cheese Sandwich String Cheese & Crackers Baby Carrots w/ Ranch Dip Fresh Veggies Assorted Fresh Fruit	November 26 - Early Dismissal <u>Lunch Select 1 Entrée</u> Smucker's PB&J Ham & Cheese Sandwich String Cheese & Crackers Baby Carrots w/ Ranch Dip Fresh Veggies Assorted Fresh Fruit	November 27 School Closed- Fall Break 	November 28 School Closed - Happy Thanksgiving 	November 29 School Closed- Fall Break Classes Resume, Tuesday, December 2 