







WILSON SCHOOL DISTRICT Grades 6 - 8

January 2020

Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free

WILSON SCHOOL DISTRICT Grades 6 - 8			January 2020	
Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Choice of Milk with Lunch Skim White, 1% White, 1% Chocolate or Strawberry Lactose Free or Soy Milk</p> <p>January is Thank You Month! <i>thank you</i></p> <p>Remember the people who support you in your achievements. It is a fact that by merely saying "Thank You" creates a lasting and huge impact on a person!!</p>	 <p>Daily Lunch Offerings Smucker's PB&J</p> <p>Variety of Lunchables: Pizza^ <u>OR</u> Vegetarian <u>OR</u> Egg & Cheese <u>OR</u> Ham^ & Cheese</p>	<p>Daily Lunch Offerings Assorted Cold Sandwiches* Entrée Salads* Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)</p> <p><i>thank you</i></p>	<p>Lunch Meal Prices Elementary Lunch \$2.75 Middle School Lunch \$2.95 High School Lunch \$3.15 Reduced Lunch \$.40</p>	<p>LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1 or 2 Fruits, Select Favorite Milk</p> <p><i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
	<p>VEGETABLE OF THE MONTH CAULIFLOWER Originated in the Mediterranean Member of the Broccoli Family Roasting brings out the true nutty flavor</p>  	<p>January 1 <u>School Closed</u></p> <p><i>Happy New Year</i></p>	<p>January 2 Brunch Lunch Select 1 Entrée French Toast Sticks & Egg Patty Maple Waffle Chicken Patty Sand. <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Tater Tots Crunchy Baby Carrots & Dip Apples, Banana, Orange Juice, Mix Fruit</p>	<p>January 3 Lunch Select 1 Entrée Top Your Own Hamburger on Roll* Boneless BBQ or Spicy Chicken Wings & Garlic Knot <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Waffle Fries Crunchy Celery & Dip Apples, Banana, Orange, Pears</p>
<p>January 6 Lunch Select 1 Entrée Regular or Spicy Chicken Tenders*, Roll* Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Emoji Fries Steamy Green Beans Apples, Banana, Orange, Applesauce</p>	<p>January 7 Lunch Select 1 Entrée Cheeseburger* on Roll Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Tater Tots BBQ Baked Beans Apples, Banana, Orange, Peaches</p>	<p>January 8 Lunch Select 1 Entrée Macaroni & Cheese w/Garlic Bread Stick Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Mac & Cheese Veggie Toppings Red Pepper Strips w/ Dip Apples, Banana, Mandarin Oranges</p>	<p>January 9 Lunch Select 1 Entrée Popcorn Chicken* Bowl w/ Roll* MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Golden Corn Fluffy Whipped Potatoes Apples, Banana, Orange, Juice Rush</p>	<p>January 10 Lunch Select 1 Entrée Big Daddy's Cheesy Pizza Hamburger on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked French Fries Baby Carrots w/ Ranch Dip Apples, Banana, Orange, Pears</p>
<p>January 13 Lunch Select 1 Entrée Grilled Cheese Sandwich w/ 2 Cheeses* Mega Minis Chicken Nuggets w/ Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Creamy Tomato Soup Golden Waffle Fries Apples, Banana, Orange, Applesauce</p>	<p>January 14 Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* Regular or Spicy Chicken Patty Sandwich* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Corn Zesty Fiesta Beans Apples, Banana, Orange, Peaches</p>	<p>January 15 Lunch Select 1 Entrée Cheese Stuffed Stick (2) w/ (3) Meatballs, Marinara Sauce Cheeseburger* on Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> French Fries & Crunchy Broccoli Fudge or Orangesicle Treat Apples, Banana, Mandarin Oranges</p>	<p>January 16 Lunch Select 1 Entrée Mickey's Cheese Pizza Hot Ham^ & Cheese on Pretzel Bun* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crunchy Baby Carrots Steamy Mixed Vegetables Apples, Banana, Orange, Mixed Fruit</p>	<p>January 17 School Closed - Act 80 Day</p> 

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January 20	January 21	January 22	January 23	January 24
<p>School Closed-Martin Luther King, Jr. Day</p> 	<p><u>Lunch Select 1 Entrée</u> Hamburger or Cheeseburger on Roll* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Zesty Baked Beans Crunchy Fresh Veggies w/ Dip Apples, Banana, Orange, Peaches</p>	<p><u>Lunch Select 1 Entrée</u> Oriental Sweet & Sour Chicken* over Rice Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Mixed Veggies & Rahu Carrots/Dip Fortune Cookie Apples, Banana, Mandarin Oranges</p>	<p><u>Lunch Select 1 Entrée</u> Meatball & Cheese Pasta Bake w/ Garlic Bread Stick Grilled Cheese Sandwich* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Tomato Soup, Side Salad Mini Ice Cream Sandwich Apples, Banana, Orange, Mixed Fruit</p> 	<p><u>Lunch Select 1 Entrée</u> French Toast Sticks w/ Sausage Max Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Tater Tots Honey Steamed Carrots Apples, Banana, Orange, Pears</p>
January 27	January 28	January 29	January 30	January 31
<p><u>Lunch Select 1 Entrée</u> Regular or Spicy Chicken Patty Sandwich* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked French Fries BBQ Baked Beans Apples, Banana, Orange, Applesauce</p>	 <p><u>Lunch Select 1 Entrée</u> Popcorn Chicken* Bowl French Bread Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fluffy Whipped Potatoes Golden Corn Apples, Banana, Orange, Peaches</p>	<p><u>Lunch Select 1 Entrée</u> Walking Taco w/ Beef & Cheese* Mickey's Cheese Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Side Salad Apples, Banana, Mandarin Oranges</p>	<p><u>Brunch Lunch Select 1 Entrée</u> French Toast Sticks & Egg Patty Maple Waffle Chicken Patty Sand. <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Tater Tots Crunchy Baby Carrots & Dip Apples, Banana, Orange Juice, Mix Fruit</p>	<p><u>Lunch Select 1 Entrée</u> Top Your Own Hamburger on Roll* Boneless BBQ or Spicy Chicken Wings w/ Garlic Knot <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Waffle Fries Crunchy Celery & Dip Apples, Banana, Orange, Pears</p>

Updated: 11/25/2019

We are an equal opportunity provider and employer. Menu subject to change without notice!