



WILSON SCHOOL DISTRICT Grades 9 - 12

January 2020

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

Monday

Choice of Milk with Lunch
Skim White, 1% White,
1% Chocolate or Strawberry
Lactose Free or Soy Milk

**It's National
Thank You Month!**

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!!

Tuesday

Daily Lunch Offerings
Smucker's PB&J
Assorted Cold Sandwiches
Entrée Salads
Yoplait Yogurt~ Parfait
(Some parfaits contain peanut butter.)



thank you

Wednesday

**VEGETABLE OF THE MONTH
CAULIFLOWER**
Originated in the Mediterranean
Member of the Broccoli Family
Roasting brings out the true nutty
flavor



January 1

Happy
New Year



Thursday

Lunch Meal Prices
Elementary Lunch \$2.75
Middle School Lunch \$2.95
High School Lunch \$3.15
Reduced Lunch \$.40



January 2

Brunch Lunch Select 1 Entrée
Meatball Sub w/ Marinara & Cheese
(2) Berks Beef Hot Dog on Roll*
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Golden Tater Tots
Crunchy Baby Carrots & Dip
Apples, Banana, **Orange Juice**, Mix Fruit

Friday

LUNCH - Select 1 Entrée
Choose 1 or 2 Veggies and/or
1 or 2 Fruits, Select Favorite Milk
**Your lunch must have 3 food
components, 1 must be a 1/2 cup
of vegetable or fruit.**

January 3

Lunch Select 1 Entrée
Top Your Own Hamburger on Roll*
Buffalo Chicken Flatbread
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Oven Baked Waffle Fries
Crunchy Celery & Dip
Apples, Banana, Orange, Pears

January 6

Lunch Select 1 Entrée
Regular or Spicy Chicken Tenders*, Roll*
Cheese Quesadilla w/ Marinara
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Oven Baked Emoji Fries
Steamy Green Beans
Apples, Banana, Orange, Applesauce



January 7

Lunch Select 1 Entrée
Mega Minis Chicken Nuggets w/ Roll
Giannotti's Fresh Cheesy Pizza
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Side Tossed Salad/Choice Dressing
Steamy Mixed Veggies
Apples, Banana, Orange, Peaches

January 8

Lunch Select 1 Entrée
Cheeseburger* on Roll w/ Toppings Bar
Regular or Spicy Chicken Patty Sand.*
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Oven Baked French Fries
BBQ Baked Beans
Apples, Banana, Mandarin Oranges

January 9

Lunch Select 1 Entrée
Popcorn Chicken Bowl w/ Roll
(2) Berks Beef Hot Dog on Roll*
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Steamy Golden Corn
Fluffy Whipped Potatoes
Apples, Banana, Orange, Juice Rush

January 10

Lunch Select 1 Entrée
French Toast Sticks w/ Sausage
Buffalo Chicken Flatbread
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Oven Baked Tater Tots
Baby Carrots w/ Ranch Dip
Apples, Banana, Orange, Pears

January 13

Lunch Select 1 Entrée
Hot Ham & Cheese Sandwich
Cheese Quesadilla w/ Marinara
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Seasoned Curly Fries
Steamy Mixed Veggies
Apples, Banana, Orange, Applesauce

January 14

Lunch Select 1 Entrée
Walking Taco w/ Beef & Cheese*
Giannotti's Fresh Cheesy Pizza
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Steamy Corn
Zesty Fiesta Beans
Apples, Banana, Orange, Peaches

January 15

Lunch Select 1 Entrée
Cheesy Grilled Cheese Sandwich*
Regular or Spicy Chicken Patty Sand.*
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Creamy Tomato Soup/ Crunchy Veggies
Side Tossed Salad/Choice Dressing
Apples, Banana, Mandarin Oranges

January 16

Lunch Select 1 Entrée
Buffalo Chicken Dip w/ Scoops & Garlic Knot
(2) Berks Beef Hot Dog on Roll*
Select 1 or 2 Vegetables &/or 1 or 2 Fruit
Golden Tater Tots
Steamy Broccoli
Apples, Banana, Orange, Mixed Fruit

January 17

School Closed - Act 80 Day





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| 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>It's National Thank You Month!</p> | <p>Daily Lunch Offerings Smucker's PB&J Assorted Cold Sandwiches Entrée Salads Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)</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>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>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p> |
| January 20 | January 21 | January 22 | January 23 | January 24 |
| <p>School Closed - Martin Luther King, Jr. Day</p> | <p>Lunch Select 1 Entrée Popcorn Chicken Bowl Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fluffy Whipped Potatoes Golden Corn Apples, Banana, Orange, Peaches</p> | <p>Lunch Select 1 Entrée Soba Noodle Bowl w/ Chicken & Veggies Regular or Spicy Chicken Patty Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Mixed Veggies & Rshv Carrots/Din Fortune Cookie Apples, Banana, Mandarin Oranges</p> | <p>Lunch Select 1 Entrée Hamburger or Cheeseburger on Roll (2) Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Zesty Baked Beans Seasoned Curly Fries Apples, Banana, Orange, Mixed Fruit</p> | <p>Lunch Select 1 Entrée Meatball & Cheese Pasta Bake w/ Garlic Bread Stick Buffalo Chicken Flatbread <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Side Tossed Salad/Choice Dressing Honey Steamed Carrots Apples, Banana, Orange, Pears</p> |
| January 27 | January 28 | January 29 | January 30 | January 31 |
| <p>Lunch Select 1 Entrée Maple Waffle Chicken Sandwich (Req/Spicy) Cheese Quesadilla w/ Marinara <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>Lunch Select 1 Entrée Chicken Bacon Ranch Sandwich* Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Side Tossed Salad/Choice Dressing Steamy Broccoli Apples, Banana, Orange, Peaches</p> | <p>Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* Regular or Spicy Chicken Patty Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Side Tossed Salad/Choice Dressing Apples, Banana, Mandarin Oranges</p> | <p>Brunch Lunch Select 1 Entrée Meatball Sub w/ Marinara & Cheese (2) Berks Beef Hot Dog on Roll* <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>Lunch Select 1 Entrée Top Your Own Hamburger on Roll* Buffalo Chicken Flatbread <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!