



















WILSON SCHOOL DISTRICT Grades K - 5			January 2020	
			Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free	
Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Milk with Lunch Skim White, 1% White, 1% Chocolate or Strawberry Lactose Free or Soy Milk  <b>January is Thank            You Month!</b>	 <b>Daily Lunch Offerings</b> Smucker's PB&J <b>Variety of Lunchables:</b> Pizza <u>OR</u> Vegetarian <u>OR</u> Egg & Cheese <u>OR</u> Ham & Cheese Yoplait Yogurt~Parfait (Some parfaits contain peanut butter.)	<b>VEGETABLE OF THE MONTH            CAULIFLOWER</b> Originated in the Mediterranean Member of the Broccoli Family Roasting brings out the true nutty flavor! 	<b>Lunch Meal Prices</b> Elementary Lunch \$2.75 Middle School Lunch \$2.95 High School Lunch \$3.15 Reduced Lunch \$.40 	<b>LUNCH - Select 1 Entrée</b> 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>
<b>Thank You</b> 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!!	  	January 1 <b>Happy New Year!</b> 	January 2 <b>Brunch Lunch Select 1 Entrée</b> French Toast Sticks & Egg Patty Maple Waffle Chicken Patty Sand. <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Golden Tater Tots Crunchy Baby Carrots & Dip Apples, Banana, <b>Orange Juice</b> , Mix Fruit	January 3 <b>Lunch Select 1 Entrée</b> Top Your Own Hamburger on Roll* Boneless BBQ or Spicy Chicken Wings <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Waffle Fries Crunchy Celery & Dip Apples, Banana, Orange, Pears
January 6 <b>Lunch Select 1 Entrée</b> Regular or Spicy Chicken Tenders*, Roll* Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked Emoji Fries Steamy Green Beans Apples, Banana, Orange, Applesauce	January 7 <b>Lunch Select 1 Entrée</b> Cheeseburger on Roll* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Tater Tots BBQ Baked Beans Apples, Banana, Orange, Peaches	January 8 <b>Lunch Select 1 Entrée</b> Macaroni & Cheese w/Garlic Bread Stick Chicken Nuggets w/Garlic Bread Stick <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Steamy Broccoli Red Pepper Strips w/ Dip Apples, Banana, Mandarin Oranges	January 9 <b>Lunch Select 1 Entrée</b> Popcorn Chicken w/ Roll MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Steamy Golden Corn Fluffy Whipped Potatoes Apples, Banana, Orange, Juice Rush	January 10 <b>Lunch Select 1 Entrée</b> Big Daddy's Cheesy Pizza Hamburger on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Oven Baked French Fries Baby Carrots w/ Ranch Dip Apples, Banana, Orange, Pears
January 13 <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich w/ 2 Cheeses* Mega Mini Chicken Nuggets w/ Roll <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Creamy Tomato Soup Golden Waffle Fries Apples, Banana, Orange, Applesauce	January 14 <b>Lunch Select 1 Entrée</b> Walking Taco w/ Beef & Cheese* Regular or Spicy Chicken Patty Sandwich* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Steamy Corn Zesty Fiesta Beans Apples, Banana, Orange, Peaches	January 15 <b>Lunch Select 1 Entrée</b> Cheese Stuffed Stick (2) w/ (3) Meatballs, Marinara Sauce Cheeseburger* on Roll <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> French Fries & Crunchy Broccoli Fudge or Orangesicle Treat Apples, Banana, Mandarin Oranges	January 16 <b>Lunch Select 1 Entrée</b> Mickey's Cheese Pizza Build a Snowman Parfait <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Crunchy Baby Carrots Steamy Mixed Vegetables Apples, Banana, Orange, Mixed Fruit	January 17 <b>School Closed - Act 80 Day</b>   

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

Updated 11/25/2019

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