

**WILSON SCHOOL DISTRICT  
RIVER ROCK ACADEMY**

**January 2020**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Thank You</i></p> <p>January is Thank You Month!</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>Choice of Milk with Lunch Skim White, 1% White, 1% Chocolate or Strawberry Lactose Free or Soy Milk</p> 	<p><b>Lunch Meal Prices</b> Middle School Lunch \$2.95 Reduced Lunch \$.40 <b>Daily Lunch Offerings</b> Smucker's PB&amp;J</p>	<p><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></p>
		<p>January 1</p> <p><i>Happy New Year</i></p>	<p>January 2</p> <p><b>Brunch Lunch Select 1 Entrée</b> Maple Waffle Chicken Patty Sand. <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Golden Tater Tots Crunchy Baby Carrots &amp; Dip Apples, Banana, Orange Juice, Mix Fruit</p>	<p>January 3</p> <p><b>Lunch Select 1 Entrée</b> Top Your Own Hamburger on Roll* <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Oven Baked Waffle Fries Crunchy Celery &amp; Dip Apples, Banana, Orange, Pears</p>
<p>January 6</p> <p><b>Lunch Select 1 Entrée</b> Cheese Quesadilla w/ Marinara Cup <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Oven Baked Emoji Fries Steamy Green Beans Choice of Fruits</p>	<p>January 7</p> <p><b>Lunch Select 1 Entrée</b> Cheeseburger* on Roll <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Tater Tots BBQ Baked Beans Choice of Fruits</p>	<p>January 8</p> <p><b>Lunch Select 1 Entrée</b> Chicken Patty on Round Roll <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Steamy Green Beans Red Pepper Strips w/ Dip Choice of Fruits</p>	<p>January 9</p> <p><b>Lunch Select 1 Entrée</b> Popcorn Chicken w/ Roll <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Steamy Golden Corn Fluffy Whipped Potatoes Apples, Juice Rush</p>	<p>January 10</p> <p><b>Lunch Select 1 Entrée</b> MAX Cheese Sticks w/ Marinara <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Oven Baked French Fries Baby Carrots w/ Ranch Dip Choice of Fruits</p>
<p>January 13</p> <p><b>Lunch Select 1 Entrée</b> Mega Minis Chicken Nuggets w/ Roll <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Creamy Tomato Soup Golden Waffle Fries Apples, Banana, Orange, Applesauce</p>	<p>January 14</p> <p><b>Lunch Select 1 Entrée</b> Walking Taco w/ Beef &amp; Cheese* <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Steamy Corn Zesty Fiesta Beans Choice of Fruits</p>	<p>January 15</p> <p><b>Lunch Select 1 Entrée</b> Cheeseburger* on Roll <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> French Fries &amp; Marinara Sauce Cup Fudge or Orangesicle Treat Choice of Fruits</p>	<p>January 16</p> <p><b>Lunch Select 1 Entrée</b> Mickey's Cheese Pizza <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Crunchy Baby Carrots Steamy Mixed Vegetables Choice of Fruits</p>	<p>January 17</p> <p><b>Lunch Select 1 Entrée</b> (2) Berks Beef Hot Dogs on Rolls* <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Golden Tater Tots Fresh Veggies &amp; Dip Choice of Fruits</p>
<p>School Closed-Martin Luther King, Jr. Day</p> 	<p>January 21</p> <p><b>Lunch Select 1 Entrée</b> Meatball Sub w/ Grated Cheese <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Zesty Baked Beans Crunchy Fresh Veggies w/ Dip Choice of Fruits</p>	<p>January 22</p> <p><b>Lunch Select 1 Entrée</b> Giannotti's Fresh Cheesy Pizza <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Steamy Mixed Veggies Baby Carrots/Dip Apples, Banana, Mandarin Oranges</p>	<p>January 23</p> <p><b>Lunch Select 1 Entrée</b> Hamburger on Round Roll <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Fresh Veggies w/ Ranch Dressing Steamy Peas Choice of Fruits</p>	<p>January 24</p> <p><b>Lunch Select 1 Entrée</b> Max Cheese Sticks w/ Marinara <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Golden Tater Tots Honey Steamed Carrots Apples, Banana, Orange, Pears</p>
<p>January 27</p> <p><b>Lunch Select 1 Entrée</b> (2) Berks Beef Hot Dog on Roll* <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Oven Baked French Fries BBQ Baked Beans Apples, Banana, Orange, Applesauce</p>	<p>January 28</p> <p><b>Lunch Select 1 Entrée</b> Popcorn Chicken* Bowl <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Fluffy Whipped Potatoes Golden Corn Apples, Banana, Orange, Peaches</p>	<p>January 29</p> <p><b>Lunch Select 1 Entrée</b> Walking Taco w/ Beef &amp; Cheese* <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Steamy Green Beans Side Salad Apples, Banana, Mandarin Oranges</p>	<p>January 30</p> <p><b>Brunch Lunch Select 1 Entrée</b> Maple Waffle Chicken Patty Sand. <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Golden Tater Tots Crunchy Baby Carrots &amp; Dip Apples, Banana, Orange Juice, Mix Fruit</p>	<p>January 31</p> <p><b>Lunch Select 1 Entrée</b> Top Your Own Hamburger on Roll* <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b> Oven Baked Waffle Fries Crunchy Celery &amp; Dip Apples, Banana, Orange, Pears</p>