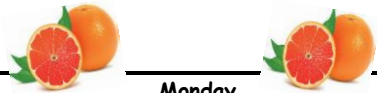


**WILSON SCHOOL DISTRICT Grades 6 - 8**

**February 2020**



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Featured Fruit of the Month!!</b>  <b>Grapefruit</b>                      Powerhouse for Vitamin C &amp; Low in calories                      Citrus fruit related to the orange                      Pink &amp; red are sweetest                      Discovered in Barbados in 18th Century</p>	<p><b>Daily Lunch Offerings</b>                      Smucker's PB&amp;J  <b>Variety of Lunchables:</b>                      Pizza^ <u>OR</u> Vegetarian <u>OR</u> Egg &amp; Cheese  <u>OR</u> Ham^ &amp; Cheese</p>	<p><b>Daily Lunch Offerings</b>                      Assorted Cold Sandwiches*                      Entrée Salads*                      Yoplait Yogurt~ Parfait                      (Some parfaits contain peanut butter.)</p>	<p><b>Lunch Meal Prices</b>                      Elementary Lunch \$2.75                      Middle School Lunch \$2.95                      High School Lunch \$3.15                      Reduced Lunch \$ .40</p>	<p><b>LUNCH - Select 1 Entrée</b>                      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.</p>
<p>Will the groundhog see his shadow on Feb. 2?</p>				
<p><b>February 3</b>  <b>Lunch Select 1 Entrée</b>                      Regular or Spicy Chicken Tenders*, Roll*                      Cheese Quesadilla w/ Marinara  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Oven Baked Emoji Fries                      Steamy Green Beans                      Apples, Banana, Orange, Applesauce</p>	<p><b>February 4</b>  <b>Lunch Select 1 Entrée</b>                      Cheeseburger* on Roll                      Berks Beef Hot Dog on Roll*  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Tater Tots                      BBQ Baked Beans                      Apples, Banana, Orange, Peaches</p>	<p><b>February 5</b>  <b>Lunch Select 1 Entrée</b>                      Macaroni &amp; Cheese w/Garlic Bread Stick                      Giannotti's Fresh Cheesy Pizza  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Steamy Broccoli                      Red Pepper Strips w/ Dip                      Apples, Banana, Grapefruit Slices</p>	<p><b>February 6</b>  <b>Lunch Select 1 Entrée</b>                      Popcorn Chicken* Bowl w/ Roll*                      MAX Cheese Sticks w/ Marinara  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Steamy Golden Corn                      Fluffy Whipped Potatoes                      Apples, Banana, Orange, Juice Rush</p>	<p><b>February 7</b>  <b>Lunch Select 1 Entrée</b>                      Big Daddy's Cheesy Pizza                      Hamburger on Roll*  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Oven Baked French Fries                      Baby Carrots w/ Ranch Dip                      Apples, Banana, Orange, Pears</p>
<p><b>February 10</b>  <b>Lunch Select 1 Entrée</b>                      Grilled Cheese Sandwich w/ 2 Cheeses*                      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><b>February 11</b>  <b>Lunch Select 1 Entrée</b>                      Walking Taco w/ Beef &amp; Cheese*                      Regular or Spicy Chicken Patty Sandwich*  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Steamy Corn                      Zesty Fiesta Beans                      Apples, Banana, Orange, Peaches</p>	<p><b>February 12</b>  <b>Lunch Select 1 Entrée</b>                      Cheese Stuffed Stick (2) w/ (3) Meatballs                      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                      Apples, Banana, Grapefruit Slices</p>	<p><b>February 13</b>  <b>Lunch Select 1 Entrée</b>                      Mickey's Cheese Pizza                      Hot Ham^ &amp; Cheese on Pretzel Bun*  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Crunchy Baby Carrots                      Cheesy Broccoli                      Apples, Banana, Orange, Mixed Fruit</p>	<p><b>February 14</b>  <b>School Closed</b>  <b>Possible Snow Make-up Day</b>  <i>Happy Valentine's Day</i></p>
<p><b>February 17</b>  <b>School Closed</b>  </p>	<p><b>February 18</b>  <b>Lunch Select 1 Entrée</b>                      Hamburger or Cheeseburger on Roll*                      Berks Beef Hot Dog on Roll*  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Zesty Baked Beans                      Crunchy Fresh Veggies w/ Dip                      Apples, Banana, Orange, Peaches</p>	<p><b>February 19</b>  <b>Lunch Select 1 Entrée</b>                      Oriental Sweet &amp; Sour Chicken* over                      Rice                      Giannotti's Fresh Cheesy Pizza  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Steamy Mixed Veggies                      &amp; Baby Carrots/Dip                      Fortune Cookie                      Apples, Banana, Grapefruit Slices</p>	<p><b>February 20</b>  <b>Lunch Select 1 Entrée</b>                      Meatball &amp; Cheese Pasta Bake w/ Garlic                      Bread Stick                      Grilled Cheese Sandwich*  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Tomato Soup, Side Salad                      Mini Ice Cream Sandwich                      Apples, Banana, Orange, Mixed Fruit</p>	<p><b>February 21</b>  <b>Lunch Select 1 Entrée</b>                      French Toast Sticks w/ Sausage                      Max Cheese Sticks w/ Marinara  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Golden Tater Tots                      Steamy Broccoli                      Apples, Banana, Orange, Pears</p>
<p><b>February 24</b>  <b>Lunch Select 1 Entrée</b>                      Regular or Spicy Chicken Patty Sandwich*                      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><b>February 25 - Mardi Gras Day</b>  <b>Lunch Select 1 Entrée</b>                      Popcorn Chicken* Bowl                      French Bread Pizza  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Whipped Potatoes &amp; Corn                      Glazed Donut                      Apples, Banana, Orange, Peaches</p>	<p><b>February 26</b>  <b>Lunch Select 1 Entrée</b>                      Walking Taco w/ Beef &amp; Cheese*                      Mickey's Cheese Pizza  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Steamy Green Beans                      Side Salad                      Apples, Banana, Grapefruit Slices</p>	<p><b>February 27</b>  <b>Early Dismissal</b>                      Turkey &amp; Cheese Sandwich                      OR Peanut Butter &amp; Jelly Sand.  <b>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</b>                      Fresh Broccoli &amp; Baby Carrots w/ Dip                      Craisins and Apple Wedges                      Homebaked Sugar Cookie</p>	<p><b>February 28</b>  <b>Lunch Select 1 Entrée</b>                      Top Your Own Hamburger on Roll*                      Boneless BBQ or Spicy Chicken Wings  <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>