
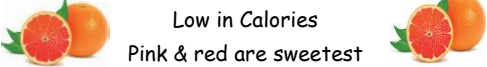








WILSON SCHOOL DISTRICT Grades 9 - 12

February 2020

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Groundhog Day is February 2 - Will the Groundhog see his shadow???</p> 	<p><u>Daily Lunch Offerings</u> Smucker's PB&J Assorted Cold Sandwiches Entrée Salads Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)</p>	<p><u>Featured Fruit of the Month!!</u> Grapefruit Powerhouse for Vitamins A & C Low in Calories Pink & red are sweetest Discovered in Barbados in 18th Century Cross between Orange and Pomelo</p> 	<p><u>Lunch Meal Prices</u> Elementary Lunch \$2.75 Middle School Lunch \$2.95 High School Lunch \$3.15 Reduced Lunch \$.40</p> 	<p><u>LUNCH - Select 1 Entrée</u> 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>February 3 <u>Lunch Select 1 Entrée</u> 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, Roasted Broccoli Fresh Baked Cookie Apples, Banana, Orange, Applesauce</p>	<p>February 4 <u>Lunch Select 1 Entrée</u> Mega Minis Chicken Nuggets w/ Roll Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Side Tossed Salad & Mixed Veggies Creamy Pudding Cup Apples, Banana, Orange, Peaches</p>	<p>February 5 <u>Lunch Select 1 Entrée</u> Cheeseburger* on Roll w/ Toppings Bar Regular or Spicy Chicken Patty Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked French Fries BBQ Baked Beans Apples, Banana, Mandarin Oranges</p>	<p>February 6 <u>Lunch Select 1 Entrée</u> Popcorn Chicken Bowl w/ Roll (2) Berks Beef Hot Dog on Roll* <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>February 7 <u>Lunch Select 1 Entrée</u> French Toast Sticks w/ Sausage Buffalo Chicken Flatbread <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Tater Tots or Baby Carrots/Dip Creamy Pudding Cup Apples, Banana, Orange, Pears</p>
<p>February 10 <u>Lunch Select 1 Entrée</u> Hot Ham & Cheese Sandwich Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Seasoned Curly Fries/Mix Veggies Fresh Baked Cookie Apples, Banana, Orange, Applesauce</p> 	<p>February 11 <u>Lunch Select 1 Entrée</u> Walking Taco w/ Beef & Cheese* Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Corn, Zesty Fiesta Beans Creamy Pudding Cup Apples, Banana, Orange, Peaches</p>	<p>February 12 <u>Lunch Select 1 Entrée</u> 2-Cheese Grilled Cheese Sandwich* Regular or Spicy Chicken Patty Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Creamy Tomato Soup/ Crunchy Veggies Side Tossed Salad/Choice Dressing Apples, Banana, Mandarin Oranges</p>	<p>February 13 <u>Lunch Select 1 Entrée</u> Buffalo Chicken Dip w/ Scoops & Garlic Knot (2) Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Tater Tots Steamy Broccoli Apples, Banana, Orange, Mixed Fruit</p>	<p>February 14 <u>School Closed</u> Possible Snow Make-up Day <i>Happy Valentine's Day</i></p> 
<p>February 17 <u>School Closed</u> Presidents' Day</p> 	<p>February 18 <u>Lunch Select 1 Entrée</u> Popcorn Chicken Bowl Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fluffy Whipped Potatoes & Corn Creamy Pudding Cup Apples, Banana, Orange, Peaches</p> 	<p>February 19 <u>Lunch Select 1 Entrée</u> Oriental Chicken w/ Soba Noodles (Upper)/Fried Rice (Lower) Regular or Spicy Chicken Patty Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Mixed Veggies & Baby Carrots/Dip Fortune Cookie Apples, Banana, Mandarin Oranges</p>	<p>February 20 <u>Lunch Select 1 Entrée</u> 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>February 21 <u>Lunch Select 1 Entrée</u> 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 & Broccoli Creamy Pudding Cup Apples, Banana, Orange, Pears</p>
<p>February 24 <u>Lunch Select 1 Entrée</u> Maple Waffle Chicken Sandwich (Reg/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>February 25 - Mardi Gras Day <u>Lunch Select 1 Entrée</u> Chicken Bacon Ranch Sandwich* Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Side Salad/Roasted Broccoli Glazed Donut Apples, Banana, Orange, Peaches</p>	<p>February 26 <u>Lunch Select 1 Entrée</u> 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 Salad Creamy Pudding Cup Apples, Banana, Mandarin Oranges</p> 	<p>February 27 <u>Early Dismissal</u> PB & Jelly Sandwich Turkey & Cheese on Club Roll Assorted Fresh Veggies & Dip Assorted Fresh Fruit Choice of Milk</p>	<p>February 28 <u>Lunch Select 1 Entrée</u> Top Your Own Hamburger on Roll* Buffalo Chicken Flatbread <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Waffle Fries & Celery w/ Dip Mighty Mini Ice Cream Sandwich Apples, Banana, Orange, Pears</p>