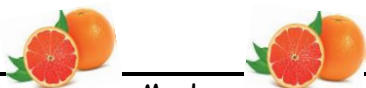


WILSON SCHOOL DISTRICT Grades K - 5

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>Featured Fruit of the Month!! Grapefruit Powerhouse for Vitamin C & Low in calories Citrus fruit related to the orange Pink & red are sweetest Discovered in Barbados in 18th Century</p>	<p>Daily Lunch Offerings Smucker's PB&J Variety of Lunchables: Pizza^ <u>OR</u> Vegetarian <u>OR</u> Egg & Cheese <u>OR</u> Ham^ & Cheese Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)</p>	<p>Will the Groundhog see his shadow on February ??? </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 <i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
<p>February 3 Lunch Select 1 Entrée 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 Steamy Green Beans Apples, Banana, Orange, Applesauce</p>	<p>February 4 Lunch Select 1 Entrée Cheeseburger* on Roll Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Tater Tots BBQ Baked Beans Apples, Banana, Orange, Peaches</p>	<p>February 5 Lunch Select 1 Entrée Macaroni & Cheese w/Garlic Bread Stick Chicken Nuggets w/ Garlic Bread Stick <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Broccoli Red Pepper Strips w/ Dip Apples, Banana, Grapefruit Slices</p>	<p>February 6 Lunch Select 1 Entrée Popcorn Chicken* Bowl w/ Roll* MAX Cheese Sticks w/ Marinara <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 Lunch Select 1 Entrée Big Daddy's Cheesy Pizza Hamburger on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked French Fries Baby Carrots w/ Ranch Dip Apples, Banana, Orange, Pears</p>
<p>February 10 Lunch Select 1 Entrée Grilled Cheese Sandwich w/ 2 Cheeses* Mega Minis Chicken Nuggets w/ Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Creamy Tomato Soup Golden Waffle Fries Apples, Banana, Orange, Applesauce</p>	<p>February 11 Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* Regular or Spicy Chicken Patty Sandwich* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Corn Zesty Fiesta Beans Apples, Banana, Orange, Peaches</p>	<p>February 12 Lunch Select 1 Entrée Cheese Stuffed Stick (2) w/ (3) Meatballs Cheeseburger* on Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> French Fries & Marinara Sauce Cup Fudge or Orangesicle Treat Apples, Banana, Grapefruit Slices</p>	<p>February 13 Lunch Select 1 Entrée Mickey's Cheese Pizza Hot Ham^ & Cheese on Pretzel Bun* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crunchy Baby Carrots Cheesy Broccoli Apples, Banana, Orange, Mixed Fruit</p>	<p>February 14 School Closed Possible Snow Make-up Day <i>Happy Valentine's Day</i></p>
<p>February 17 School Closed </p>	<p>February 18 Lunch Select 1 Entrée Hamburger or Cheeseburger on Roll* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Zesty Baked Beans Crunchy Fresh Veggies w/ Dip Apples, Banana, Orange, Peaches</p>	<p>February 19 Lunch Select 1 Entrée Oriental Sweet & Sour Chicken* over Rice Hot Ham & Cheese on Pretzel Bun <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Mixed Veggies & Baby Carrots/Dip Fortune Cookie Apples, Banana, Grapefruit Slices</p>	<p>February 20 Lunch Select 1 Entrée Meatball & Cheese Pasta Bake w/ Garlic Bread Stick Grilled Cheese Sandwich* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Tomato Soup, Side Salad Mini Ice Cream Sandwich Apples, Banana, Orange, Mixed Fruit</p>	<p>February 21 Lunch Select 1 Entrée French Toast Sticks w/ Sausage Max Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Tater Tots Steamy Broccoli Apples, Banana, Orange, Pears</p>
<p>February 24 Lunch Select 1 Entrée Regular or Spicy Chicken Patty Sandwich* Berks Beef Hot Dog on Roll* <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 Lunch Select 1 Entrée Popcorn Chicken* Bowl French Bread Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fluffy Whipped Potatoes & Corn Glazed Donut Apples, Banana, Orange, Peaches</p>	<p>February 26 Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* Mickey's Cheese Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Side Salad Apples, Banana, Grapefruit Slices</p>	<p>February 27 Early Dismissal Turkey & Cheese Sandwich OR Peanut Butter & Jelly Sand. <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Broccoli & Baby Carrots w/ Dip Craisins and Apple Wedges Home baked Sugar Cookie</p>	<p>February 28 Lunch Select 1 Entrée Top Your Own Hamburger on Roll* Boneless BBQ or Spicy Chicken Wings <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Waffle Fries Crunchy Celery & Dip Apples, Banana, Orange, Pears</p>