


















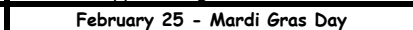





WILSON SCHOOL DISTRICT River Rock Academy

February 2020

		Choice of Milk w/ 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
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		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	Daily Lunch Offerings Assorted Cold Sandwiches* Entrée Salads* Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)	Lunch Meal Prices Middle School Lunch \$2.95 Reduced Lunch \$.40	LUNCH - Select 1 Entrée 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.
					
School Closed - In-Service Day Will the Groundhog see his shadow on February 2?? 		Lunch Select 1 Entrée Cheeseburger* on Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Tater Tots BBQ Baked Beans Apple Wedges & Peaches	Lunch Select 1 Entrée Cheese Quesadilla w/Chicken Fajita <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Red Pepper Strips w/ Dip Grapefruit Slices & Pears	Lunch Select 1 Entrée Popcorn Chicken* Bowl w/ Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Golden Corn Fluffy Whipped Potatoes Apple Wedges & Juice Rush	Lunch Select 1 Entrée Mini Corn Dogs (12 pc) <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked French Fries Baby Carrots w/ Ranch Dip Orange & Mixed Fruit
					
Lunch Select 1 Entrée Mega Minis Chicken Nuggets w/ Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crisp Veggies & Dip Golden Waffle Fries Apples, Banana, Orange, Applesauce		Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Corn Zesty Fiesta Beans Apple Wedges & Peaches	Lunch Select 1 Entrée Cheese Stuffed Stick (2) w/ (3) Meatballs <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> French Fries & Marinara Sauce Cup Fudge or Orangesicle Treat Banana & Pears	Lunch Select 1 Entrée Mickey's Cheese Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crunchy Baby Carrots Cheesy Broccoli Apple Wedges & Juice Rush	School Closed Possible Snow Make-up Day <i>Happy Valentine's Day</i>
					
School Closed Possible Snow Make-up Day 		Lunch Select 1 Entrée Hamburger or Cheeseburger on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Zesty Baked Beans Crunchy Fresh Veggies w/ Dip Apple Wedges & Peaches	Lunch Select 1 Entrée Mini Corn Dogs (12 pc) <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Mixed Veggies Baby Carrots & Dip Grapefruit Slices & Pears	Lunch Select 1 Entrée Meatball & Cheese Pasta Bake w/ Garlic Bread Stick <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Side Salad & Steamy Green Peas Mini Ice Cream Sandwich Apple Wedges & Fruit Juice	Lunch Select 1 Entrée 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
					
Lunch Select 1 Entrée 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		Lunch Select 1 Entrée Popcorn Chicken* Bowl <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Whipped Potatoes & Corn Glazed Donut Apple Wedges & Peaches	Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Side Salad Banana & Pears	Early Dismissal Chicken Fajitas (2) w/ Onions <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Veggies & Dip Steamy Carrots Apple Wedges & Juice Rush	Lunch Select 1 Entrée Cheeseburger on Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Waffle Fries Crunchy Celery & Dip Apples, Banana, Orange, Pears

Updated: 1/7/2020

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