

WILSON SCHOOL DISTRICT Grades 6 - 8

March 2020



Choice of Milk with Lunch	Skim Milk, 1% White, 1% Chocolate or Lactose Free		Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free	
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Lunch Offerings Smucker's PB&J Deli Sandwiches & Sandwich Fixings Variety of Entrée Salads Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)</p>		<p>Feature Vegetable - Salad Greens Dark Green Lettuces provide an excellent source of Vitamin A, C, E & K Spinach, Kale, Romaine, Swiss Chard, Arugula are all excellent Dark Green Lettuces</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 Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
<p>March 2</p> <p>Lunch Select 1 Entrée Breaded Chicken Shapes & Noodles Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crunchy Baby Carrots & Dip Baked French Fries Apples, Banana, Orange, Applesauce</p>	<p>March 3</p> <p>Lunch Select 1 Entrée Twin Soft Beefy Tacos w/ Fixings* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Parmesan Roasted Broccoli Fresh Veggies w/ Dip Apples, Banana, Orange, Peaches</p>	<p>March 4</p> <p>Lunch Select 1 Entrée Assorted Subway Sandwiches w/ Chips Hamburger or Cheeseburger* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Sandwich Fixings, Mixed Green Salad Garlicy Green Beans Apples, Banana, Mixed Fruit Cup</p>	<p>March 5</p> <p>Lunch Select 1 Entrée Meatball Sub w/ Marinara & Cheese MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Roasted Honey Carrots Golden Curly Fries Apples, Banana, Orange, Applesauce</p>	<p>March 6</p> <p>Lunch Select 1 Entrée Bacon Cheeseburger on Roll* Mickey's Cheese or Pepperoni Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Waffle Fries, Sandwich Fixings BBQ Baked Beans Apples, Banana, Orange, Pears</p>
<p>March 9</p> <p>Lunch Select 1 Entrée Nachos Grande w/ Salsa* Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Roasted Honey Carrots Crisp Celery w/ Dip Apples, Banana, Orange, Applesauce</p>	<p>March 10</p> <p>Lunch Select 1 Entrée Chicken Bacon Ranch Sandwich* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> BBQ Baked Beans, Seasoned Curly Fries Ice Cream Treat Apples, Banana, Orange, Peaches</p>	<p>March 11</p> <p>Lunch Select 1 Entrée Giannotti Cheese Pizza Hamburger or Cheeseburger* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Cheesy Broccoli Mixed Green Salad Apples, Banana, Mixed Fruit Cup</p>	<p>March 12</p> <p>Lunch Select 1 Entrée Hot Ham & Cheese on Pretzel Bun MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Sandwich Fixings, Golden French Fries Crunchy Baby Carrots Apples, Banana, Orange, Applesauce</p>	<p>March 13</p> <p>Lunch Select 1 Entrée French Toast Sticks w/ Sausage Mickey's Cheese or Pepperoni Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Waffle Fries Dilly Green Peas Apples, Banana, Orange, Pears</p>
<p>March 16</p> <p>Lunch Select 1 Entrée Meatball Sub w/ Marinara & Cheese Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Season Curly Fries Garlicy Green Beans Apples, Banana, Orange, Applesauce</p>	<p>March 17</p> <p>Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Gravy & Roll* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fluffy Whipped Potatoes Golden Corn Apples, Banana, Orange, Peaches</p>	<p>March 18</p> <p>Lunch Select 1 Entrée Assorted Subway Sandwiches w/ Chips Hamburger or Cheeseburger* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Sandwich Fixings, Mixed Green Salad Garlicy Green Beans Warm Cherry Crisp, Mixed Fruit Cup</p>	<p>March 19</p> <p>Lunch Select 1 Entrée Deluxe Grilled Cheese* MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Creamy Tomato Soup Golden French Fries Apples, Banana, Orange, Applesauce</p>	<p>March 20 - First Day of Spring</p> <p>Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese* Mickey's Cheese or Pepperoni Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Lettuce, Tomato, Salsa Black Bean Salsa Apples, Banana, Orange, Pears</p>
<p>March 23</p> <p>Lunch Select 1 Entrée Bacon Cheeseburger on Roll* Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Baked French Fries Seasoned Green Beans Apples, Banana, Orange, Applesauce</p>	<p>March 24</p> <p>Lunch Select 1 Entrée Nachos Grande w/ Salsa* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Tossed Salad Crunchy Baby Carrots & Dip Apples, Banana, Orange, Peaches</p>	<p>March 25</p> <p>Lunch Select 1 Entrée Giannotti Cheese Pizza Hamburger or Cheeseburger* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Mixed Green Salad & Cheesy Broccoli Creamy Pudding Cup Apples, Banana, Mixed Fruit Cup</p>	<p>March 26</p> <p>Early Dismissal - Bag Lunch Peanut Butter & Jelly Sandwich Turkey & Cheese Sandwich <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crunchy Baby Carrots (2 pkg) Apple Wedges (2 pkg)</p>	<p>March 27</p> <p>Lunch Select 1 Entrée Pork BBQ on Club Roll* Mickey's Cheese or Pepperoni Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Baked French Fries BBQ Baked Beans Apples, Banana, Orange, Pears</p>
<p>March 30</p> <p>Lunch Select 1 Entrée Breaded Chicken Shapes & Noodles Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crunchy Baby Carrots & Dip Baked French Fries Apples, Banana, Orange, Applesauce</p>	<p>March 31</p> <p>Lunch Select 1 Entrée Twin Soft Beefy Tacos w/ Fixings* Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Parmesan Roasted Broccoli Fresh Veggies w/ Dip Apples, Banana, Orange, Peaches</p>			

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