



WILSON SCHOOL DISTRICT Grades 9 - 12			March 2020	
Choice of Milk with Lunch	Skim White, 1% White, 1% Chocolate, Lactose Free		Special Diets:* Gluten Free Available; ~Gelatin Free; ^Pork Free	
Monday	Tuesday	Wednesday	Thursday	Friday
	Daily Lunch Offerings Smucker's PB&J Deli Sandwiches & Sandwich Fixings Variety of Entrée Salads Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)	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	Lunch Meal Prices Elementary Lunch \$2.75 Middle School Lunch \$2.95 High School Lunch \$3.15 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.
March 2	March 3	March 4	March 5	March 6
Lunch Select 1 Entrée Chicken Tenders w/ Buttered Pasta Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crispy Carrots & Steamy Peas Fresh Baked Assorted Cookie Apples, Banana, Orange, Applesauce	Lunch Select 1 Entrée Twin Beefy Hard or Soft Shell Tacos w/ Fixings Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Parmesan Roasted Broccoli Fresh Veggies w/ Dip Apples, Banana, Orange, Peaches	Lunch Select 1 Entrée Meatball Sub w/ Marinara & Cheese (2) Berks Beef Hot Dog on Rolls* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Roasted Honey Carrots, Mixed Green Salad Golden Onion Rings Apples, Banana, Mixed Fruit Cup	Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Gravy & Roll Regular or Spicy Chicken Patty Sandwich <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fluffy Potatoes & Golden Corn Sandwich Fixings Apples, Banana, Orange, Applesauce	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, Peas
March 9	March 10	March 11	March 12	March 13
Lunch Select 1 Entrée Nachos Grande w/ Salsa & Sour Cream Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Roasted Honey Carrots & Crisp Celery Hunt's Creamy Pudding Cup Apples, Banana, Orange, Applesauce	Lunch Select 1 Entrée Chicken Bacon Ranch Sandwich* Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Cheesy Broccoli, Crunchy Baby Carrots Fresh Baked Assorted Cookie Apples, Banana, Orange, Peaches	Lunch Select 1 Entrée Assorted Subway Sandwiches w/ Chips Regular/Spicy Chicken Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Sandwich Fixings, Mixed Green Salad Garlicky Green Beans Apples, Banana, Mixed Fruit Cup	Lunch Select 1 Entrée Hamburger or Cheeseburger on Roll (2) Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Sandwich Fixings, Golden French Fries BBQ Baked Beans Apples, Banana, Orange, Applesauce	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 Honey Roasted Carrots Apples, Banana, Orange, Peas
March 16	March 17 - St. Patrick's Day	March 18	March 19	March 20 - First Day of Spring
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> Seasoned Curly Fries Crisp Celery w/ Dip Apples, Banana, Orange, Applesauce	Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Gravy & Roll Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fluffy Whipped Potatoes & Steam Corn Crunchy Baby Carrots, Dip Apples, Banana, Orange, Peaches	Lunch Select 1 Entrée Beef & Cheese Baked Rotini w/ Garlic Toast Regular or Spicy Chicken Patty Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Mixed Green Salad & Cheesy Broccoli Warm Cherry Crisp Apples, Banana, Mixed Fruit Cup	Lunch Select 1 Entrée 2 Cheese Grilled Cheese Sandwich (2) Berks Beef Hot Dog on Roll* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Creamy Tomato Soup Golden French Fries Apples, Banana, Orange, Applesauce	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, Salsa & Black Bean Salsa Fresh Baked Assorted Cookie Apples, Banana, Orange, Peas
March 23	March 24	March 25	March 26	March 27
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 & Crunchy Baby Carrots Ice Cream Cup Apples, Banana, Orange, Applesauce	Lunch Select 1 Entrée Teriyaki Chicken over Soba Noodles - Upper House; Rice - Lower House Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Roasted Parmesan Broccoli & Crisp Celery Fortune Cookie Apples, Banana, Orange, Peaches	Lunch Select 1 Entrée Assorted Subway Sandwiches w/ Chips Regular/Spicy Chicken Sand.* <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Sandwich Fixings, Mixed Green Salad Garlicky Green Beans Apples, Banana, Mixed Fruit Cup	Early Dismissal - Bag Lunch Pick-up @ Lower House Café PB & Jelly Sandwich or Assorted Cold Sandwiches Baby Carrots (2 pkg) & Dip Apple Packets (2 each) Fresh Baked Cookie	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 Roasted Honey Carrots Apples, Banana, Orange, Peas
March 30	March 31			
Lunch Select 1 Entrée Chicken Tenders w/ Buttered Pasta Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crispy Carrots & Steamy Peas Fresh Baked Assorted Cookie Apples, Banana, Orange, Applesauce	Lunch Select 1 Entrée Twin Beefy Hard or Soft Shell Tacos w/ Fixings Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Parmesan Roasted Broccoli Fresh Veggies w/ Dip Apples, Banana, Orange, Peaches			