










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>Daily Lunch Offerings Smucker's PB&J Assorted Cold Sandwiches Entrée Salads Yoplait Yogurt~ Parfait (Some parfaits contain peanut butter.)</p> 	<p>Featured Fruit of the Month!! 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>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>
February 3	February 4	February 5	February 6	February 7
<p>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> Baked Emoji Fries & Roasted Broccoli Fresh Baked Cookie Apples, Banana, Orange, Applesauce</p>	<p>Lunch Select 1 Entrée 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>Lunch Select 1 Entrée 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, Grapefruit Slices</p>	<p>Lunch Select 1 Entrée 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>Lunch Select 1 Entrée French Toast Sticks w/ Sausage Buffalo Chicken Flatbread <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Baked Tater Tots & Baby Carrots w/Dip Creamy Pudding Cup Apples, Banana, Orange, Pears</p>
February 10	February 11	February 12	February 13	February 14
<p>Lunch Select 1 Entrée Hot Ham & Cheese Sandwich Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Seasoned Curly Fries & Mixed Veggies Fresh Baked Cookie Apples, Banana, Orange, Applesauce</p> 	<p>Lunch Select 1 Entrée 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>Lunch Select 1 Entrée 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 Salad Golden French Fries Apples, Banana, Grapefruit Slices</p>	<p>Lunch Select 1 Entrée 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>School Closed Possible Snow Make-up Day <i>Happy Valentine's Day</i></p> 
February 17	February 18	February 19	February 20	February 21
<p>School Closed Presidents' Day</p> 	<p>Lunch Select 1 Entrée Popcorn Chicken Bowl Giannotti's Fresh Cheesy Pizza <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Corn & Fluffy Whipped Potatoes Creamy Pudding Cup Apples, Banana, Orange, Peaches</p> 	<p>Lunch Select 1 Entrée 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, Golden French Fries Fortune Cookie Apples, Banana, Grapefruit Slices</p>	<p>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> Zesty Baked Beans Seasoned Curly Fries Apples, Banana, Orange, Mixed Fruit</p> 	<p>Lunch Select 1 Entrée — BBQ Pulled Pork Sandwich Buffalo Chicken Flatbread <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Side Salad & Steamy Broccoli Creamy Pudding Cup Apples, Banana, Orange, Pears</p>
February 24	February 25 - Mardi Gras Day	February 26	February 27	February 28
<p>Lunch Select 1 Entrée Maple Waffle Chicken Sandwich (Reg/Spicy) Cheese Quesadilla w/ Marinara <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden French Fries Zesty Baked Beans Apples, Banana, Orange, Applesauce</p>	<p>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> Side Salad/Roasted Broccoli Glazed Donut Apples, Banana, Orange, Peaches</p>	<p>Lunch Select 1 Entrée 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 & Tossed Salad Golden French Fries Apples, Banana, Grapefruit Slices</p>	<p>Early Dismissal Bag Lunch Available - Pick-up at Lower House Cafeteria PB & Jelly Sandwich Turkey & Cheese Sandwich Crunchy Baby Carrots & Dip (Take 2) Crisp Apple Wedges (Take 2)</p>	<p>Lunch Select 1 Entrée Top Your Own Hamburger on Roll* Buffalo Chicken Flatbread <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Waffle Fries & Celery w/ Dip Mini Ice Cream Sandwich Apples, Banana, Orange, Pears</p>