



**WILSON SCHOOL DISTRICT Grades K - 5**

**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   |  |
|   | <p><b>Daily Lunch Offerings</b><br/>Smucker's PB&amp;J<br/>Power Pack Pizza Lunch<br/>Power Pack Ham &amp; Cheese Lunch<br/>Yoplait Yogurt~ Parfait<br/>(Some parfaits contain peanut butter.)</p>  | <p><b>Featuring: Salad Greens</b><br/>Excellent source of Vitamin A, C, E &amp; K<br/><b>Spinach, Kale, Romaine, Swiss Chard, Arugula</b><br/>Greens add fiber and<br/>Dark Greens are most nutritious!</p>  | <p><b>Lunch Meal Prices</b><br/>Elementary Lunch <b>\$2.75</b><br/>Middle School Lunch <b>\$2.95</b><br/>High School Lunch <b>\$3.15</b><br/>Reduced Lunch <b>\$.40</b></p>   | <p><b>LUNCH - Select 1 Entrée</b><br/>Choose 1 or 2 Veggies and/or<br/>1 or 2 Fruits, Select Favorite Milk<br/><b>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</b></p>   |  |
| March 2 Dr. Suess's Birthday   | March 3   | March 4  | March 5   | March 6  |  |
| <p><b>Lunch Select 1 Entrée</b><br/>Hop on Pop Chicken Shapes &amp; 1 Fish-2 Fish Crackers<br/>The King, The Mice &amp; The Cheese Quesadilla<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Fox in Socks Baby Carrots &amp; Dip<br/>Cat in the Hat French Fries<br/>Thing 1- Thing 2 Blue Raspberry Applesauce</p> | <p><b>Lunch Select 1 Entrée</b><br/>Twin Soft Beefy Tacos w/ Fixings*<br/>Berks Beef Hot Dog on Roll*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Parmesan Roasted Broccoli<br/>Fresh Veggies w/ Dip<br/>Apples, Banana, Orange, Peaches</p>    | <p><b>Lunch Select 1 Entrée</b><br/>Baked Macaroni &amp; Cheese<br/>Hamburger or Cheeseburger*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Sandwich Fixings, Mixed Green Salad<br/>Garlicy Green Beans<br/>Apples, Banana, Mixed Fruit Cup</p> | <p><b>Lunch Select 1 Entrée</b><br/>Meatball Sub w/ Marinara &amp; Cheese<br/>MAX Cheese Sticks w/ Marinara<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Roasted Honey Carrots<br/>Golden Curly Fries<br/>Apples, Banana, Orange, Applesauce</p>                 | <p><b>Lunch Select 1 Entrée</b><br/>Bacon Cheeseburger on Roll*<br/>Mickey's Cheese or Pepperoni Pizza<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Golden Waffle Fries, Sandwich Fixings<br/>BBQ Baked Beans<br/>Apples, Banana, Orange, Pears</p> |  |
| March 9  | March 10  | March 11   | March 12  | March 13   |  |
| <p><b>Lunch Select 1 Entrée</b><br/>Nachos Grande w/ Salsa*<br/>Cheese Quesadilla w/ Marinara<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Roasted Honey Carrots<br/>Crisp Celery w/ Dip<br/>Apples, Banana, Orange, Applesauce</p>   | <p><b>Lunch Select 1 Entrée</b><br/>Chicken Bacon Ranch Sandwich*<br/>Berks Beef Hot Dog on Roll*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>BBQ Baked Beans, Seasoned Curly Fries<br/>Ice Cream Treat<br/>Apples, Banana, Orange, Peaches</p> | <p><b>Lunch Select 1 Entrée</b><br/>Mini Corn Dogs<br/>Hamburger or Cheeseburger*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Cheesy Broccoli<br/>Mixed Green Salad<br/>Apples, Banana, Mixed Fruit Cup</p>                                    | <p><b>Lunch Select 1 Entrée</b><br/>Hot Ham &amp; Cheese on Pretzel Bun<br/>MAX Cheese Sticks w/ Marinara<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Sandwich Fixings, Golden French Fries<br/>Crunchy Baby Carrots<br/>Apples, Banana, Orange, Applesauce</p> | <p><b>Lunch Select 1 Entrée</b><br/>French Toast Sticks w/ Sausage<br/>Mickey's Cheese or Pepperoni Pizza<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Golden Waffle Fries<br/>Dilly Green Peas<br/>Apples, Banana, Orange, Pears</p>               |  |
| March 16   | March 17 - St. Patrick's Day  | March 18   | March 19  | March 20 - Welcome Spring  |  |
| <p><b>Lunch Select 1 Entrée</b><br/>Meatball Sub w/ Marinara &amp; Cheese<br/>Cheese Quesadilla w/ Marinara<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Season Curly Fries<br/>Crunchy Baby Carrots &amp; Dip<br/>Apples, Banana, Orange, Applesauce</p>   | <p><b>Lunch Select 1 Entrée</b><br/>Popcorn Chicken Bowl w/ Gravy &amp; Roll*<br/>Berks Beef Hot Dog on Roll*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Fluffy Whipped Potatoes<br/>Steamy Golden Corn<br/>Apples, Banana, Orange, Peache</p> | <p><b>Lunch Select 1 Entrée</b><br/>Pasta Bake w/ Meatballs &amp; Garlic Knot<br/>Hamburger or Cheeseburger*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Cheesy Broccoli<br/>Mixed Green Salad<br/>Apples, Banana, Mixed Fruit Cup</p>         | <p><b>Lunch Select 1 Entrée</b><br/>Deluxe Grilled Cheese*<br/>MAX Cheese Sticks w/ Marinara<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Creamy Tomato Soup<br/>Golden French Fries<br/>Apples, Banana, Orange, Applesauce</p>                                  | <p><b>Lunch Select 1 Entrée</b><br/>Walking Taco w/ Beef &amp; Cheese*<br/>Mickey's Cheese or Pepperoni Pizza<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Lettuce, Tomato, Salsa<br/>Black Bean Salsa<br/>Apples, Banana, Orange, Pears</p>        |  |
| March 23   | March 24  | March 25   | March 26  | March 27   |  |
| <p><b>Lunch Select 1 Entrée</b><br/>Bacon Cheeseburger on Roll*<br/>Cheese Quesadilla w/ Marinara<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Baked French Fries<br/>Seasoned Green Beans<br/>Apples, Banana, Orange, Applesauce</p>   | <p><b>Lunch Select 1 Entrée</b><br/>Nachos Grande w/ Salsa*<br/>Berks Beef Hot Dog on Roll*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Tossed Salad<br/>Crunchy Baby Carrots &amp; Dip<br/>Apples, Banana, Orange, Peaches</p>                 | <p><b>Lunch Select 1 Entrée</b><br/>Mini Corn Dogs<br/>Hamburger or Cheeseburger*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Mixed Green Salad &amp; Cheesy Broccoli<br/>Creamy Pudding Cup<br/>Apples, Banana, Mixed Fruit Cup</p>           | <p><b>Early Dismissal - Bag Lunch</b><br/>Peanut Butter &amp; Jelly Sandwich<br/>Turkey &amp; Cheese Sandwich<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Crunchy Baby Carrots (2 pkg)<br/>Apple Wedges (2 pkg)</p>   | <p><b>Lunch Select 1 Entrée</b><br/>Pork BBQ on Club Roll*<br/>Mickey's Cheese or Pepperoni Pizza<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Baked French Fries<br/>BBQ Baked Beans<br/>Apples, Banana, Orange, Pears</p>                         |  |
| March 30   | March 31  |    |   |  |  |
| <p><b>Lunch Select 1 Entrée</b><br/>Breaded Chicken Shapes &amp; Noodles<br/>Cheese Quesadilla w/ Marinara<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Crunchy Baby Carrots &amp; Dip<br/>Baked French Fries<br/>Apples, Banana, Orange, Applesauce</p>  | <p><b>Lunch Select 1 Entrée</b><br/>Twin Soft Beefy Tacos w/ Fixings*<br/>Berks Beef Hot Dog on Roll*<br/><u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u><br/>Parmesan Roasted Broccoli<br/>Fresh Veggies w/ Dip<br/>Apples, Banana, Orange, Peaches</p>    |  |   |  |  |