


**WILSON SCHOOL DISTRICT - RIVER ROCK ACADEMY - GRADES 9 - 12**

**March 2020**

**Special Diets:\* Gluten Free Available; ~Gelatin Free; ^Pork Free**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Choice of Milk with Lunch</i> Skim White, 1% White, 1% Chocolate or Lactose Free</p> 	<p><b>Daily Lunch Offerings</b> Smucker's PB&amp;J <i>A meal must have 3 food components</i> <i>1 must be a 1/2 cup of Veg or Fruit!</i></p>	<p><b>Featuring: Salad Greens</b> Excellent source of Vitamin A, C, E &amp; K <i>Spinach, Kale, Romaine, Swiss Chard, Arugula</i></p>	<p><b>Lunch Meal Prices</b> Middle School Lunch \$2.95 Reduced Lunch \$.40</p> 	<p><b>LUNCH - Select 1 Entrée</b> <i>Choose 1 or 2 Veggies and/or</i> <i>1 or 2 Fruits, Select Favorite Milk</i></p>
<p>March 2</p> <p><b>Lunch Select 1 Entrée</b> Breaded Chicken Shapes &amp; Noodles <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Crunchy Baby Carrots &amp; Dip Baked French Fries Applesauce Cup, Fresh Oranges</p>	<p>March 3</p> <p><b>Lunch Select 1 Entrée</b> (2) Berks Beef Hot Dogs on Rolls* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Parmesan Roasted Broccoli Fresh Veggies w/ Dip Banana, Peaches</p>	<p>March 4</p> <p><b>Lunch Select 1 Entrée</b> MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Mixed Green Salad Garlicy Green Beans Orange Slices, Mixed Fruit Cup</p>	<p>March 5</p> <p><b>Lunch Select 1 Entrée</b> Meatball Sub w/ Sauce &amp; Cheese <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Roasted Honey Carrots Golden Curly Fries Apple Wedges, Pears</p>	<p>March 6</p> <p><b>Lunch Select 1 Entrée</b> Bacon Cheeseburger on Roll* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Golden Waffle Fries, Sandwich Fixings BBQ Baked Beans Fresh Mixed Fruit Cup, Peaches</p>
<p>March 9</p> <p><b>Early Dismissal - No Lunch</b></p> 	<p>March 10</p> <p><b>Lunch Select 1 Entrée</b> Chicken Bacon Ranch Sandwich* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> BBQ Baked Beans, Curly Fries Ice Cream Treat Banana, Peaches</p>	<p>March 11</p> <p><b>Lunch Select 1 Entrée</b> Baked Chicken w/ 2 Dinner Rolls* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Fluffy Potatoes &amp; Gravy Cheesy Broccoli Orange Slices, Mixed Fruit Cup</p> 	<p>March 12</p> <p><b>Lunch Select 1 Entrée</b> Hot Ham &amp; Cheese on Pretzel Bun <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Golden French Fries Crunchy Baby Carrots Apple Wedges, Pears</p>	<p>March 13</p> <p><b>Brunch Lunch</b> French Toast w/ Sausage <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Golden Waffle Fries Dilly Peas Fresh Mixed Fruit Cup, Peaches</p>
<p>March 16</p> <p><b>Lunch Select 1 Entrée</b> Meatball Sub w/ Marinara &amp; Cheese <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Seasoned Curly Fries Crunchy Baby Carrots &amp; Dip Applesauce Cup, Fresh Oranges</p>	<p>March 17 - St. Patrick's Day</p> <p><b>Lunch Select 1 Entrée</b> Popcorn Chicken Bowl w/ Gravy &amp; Roll <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Fluffy Whipped Potatoe. Steamy Golden Corn Banana, Peaches</p>  	<p>March 18</p> <p><b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on Roll* <u>Select 1 or 2 Vegetables &amp;/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><b>Lunch Select 1 Entrée</b> MAX Cheese Sticks w/ Marinara <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Crunchy Baby Carrots Golden French Fries Apple Wedges, Pears</p> 	<p>March 20 - First Day of Spring</p> <p><b>Lunch Select 1 Entrée</b> Walking Taco w/ Beef &amp; Cheese* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Lettuce, Tomato, Salsa Black Bean Salsa Fresh Mixed Fruit Cup, Peaches</p>
<p>March 23</p> <p><b>Lunch Select 1 Entrée</b> Bacon Cheeseburger on Roll <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Baked French Fries Crisp Carrots &amp; Dip Applesauce Cup, Fresh Oranges</p>	<p>March 24</p> <p><b>Lunch Select 1 Entrée</b> Nachos Grande w/ Salsa <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Tossed Salad Seasoned Green Beans Banana, Peaches</p> 	<p>March 25</p> <p><b>Lunch Select 1 Entrée</b> (2) Berks Beef Hot Dogs on Rolls* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Mixed Green Salad &amp; Cheesy Broccoli Ice Cream Cup Orange Slices, Mixed Fruit Cup</p>	<p>March 26</p> <p><b>Lunch Select 1 Entrée</b> Turkey/Cheese or Ham/Cheese Sub <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Honey Roasted Carrots Crisp Veggies &amp; Dip Apple Wedges, Pears</p>	<p>March 27</p> <p><b>Lunch Select 1 Entrée</b> Mickey's Cheese or Pepperoni Pizza <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Baked French Fries BBQ Baked Beans Fresh Mixed Fruit Cup, Peaches</p>
<p>March 30</p> <p><b>Lunch Select 1 Entrée</b> Breaded Chicken Shapes &amp; Noodles <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Crunchy Baby Carrots &amp; Dip Baked French Fries Applesauce Cup, Fresh Oranges</p>	<p>March 31</p> <p><b>Lunch Select 1 Entrée</b> (2) Berks Beef Hot Dogs on Rolls* <u>Select 1 or 2 Vegetables &amp;/or 1 or 2 Fruit</u> Parmesan Roasted Broccoli Fresh Veggies w/ Dip Banana, Peaches</p>	  		

Updated: 2/11/2020

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