

Free & Reduce Priced Meals

2019-2020 forms are online!

Apply online at

www.wrsd.net/foodservices

New forms must be completed

every year prior to Oct. 1st to

confirm eligibility. If you have not

filled out a new form, your child will

pay full price for meals.

WRSD-Grades K-5 & K-8
Sterling, Paxton, Thomas Prince,
Naquag, Mayo, Davis, Dawson,
Glenwood

Aug/Sept 2019

NEW Lunch Prices !!

Elementary & Middle - \$3.25

High School - \$3.50

Reduced price - \$.40

Milk - \$.60

All meals include choice of sides
 (vegetable, fruit/juice, milk)

Students **MUST** take at least one fruit or
 vegetable with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
26 	27 Pancakes w/syrup Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Chicken Patty on roll Bagel Yogurt Meal	28 Macaroni & Cheese w/ Buffalo Chicken Mixed Vegetables Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza	29 Hot Dog on Roll Baked Beans Smile Fries Chilled or Fresh Fruit Milk-Chocolate/White Grilled Ham & Cheese Sandwich Cheese or hamburger on roll	30 Sal's Cheese Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal
2 LABOR DAY	3 Cinnamon French Toast Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Chicken Patty on roll Bagel Yogurt Meal	4 Pasta w/Marinara sauce Steamed Broccoli Cheese Breadstick Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza	5 Cheese or hamburge on roll Oven Baked Fries Hummus w/ veggies Chilled or Fresh Fruit Milk-Chocolate/White Grilled Ham & Cheese Hot Dog on Roll	6 Stuffed Crust Pizza Fresh Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal
9 Chicken Nuggets Seasoned Rice Corn Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	10 Egg, Ham & Cheese Croissant Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Chicken Patty on Roll	11 Spaghetti & Meatballs Cheese Breadstick Mixed Vegetables Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza	12 SUPER NACHOS Black Bean Salad Corn Chilled or Fresh Fruit Milk-Chocolate/White Grilled Ham & Cheese Cheese or hamburger	13 Big Daddy Cheese Pizza Spinach & Cranberry Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal
16 Mini Maple Waffles Chicken Nuggets Sweet Potato Fries Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	17 Pancakes w/syrup Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Chicken Patty on roll	18 Macaroni & Cheese Green Beans Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza	19 Grilled Cheese Emoji Fries Hummus w/ vegetables Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Hot Dog on Roll	20 Sal's Cheese Pizza Caesar Salad Hummus w/ vegetables Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal
23 Chicken & Bacon Sub Oven Baked Fries Cucumber Spears Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	24 Cinnamon French Toast Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Chicken Patty on roll	25 Pasta w/Marinara sauce Steamed Broccoli Cheese Breadstick Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza	26 EARLY RELEASE DAY Chicken Patty Hot Dog on Roll Oven Baked Fries Chilled or Fresh Fruit Milk-Chocolate/White	27 Stuffed Crust Pizza Fresh Garden Salad Ranched Up Hummus w/ veggies Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal
30 Popcorn Chicken Vegetable Rice Pilaf Steamed Carrots Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	Have you checked your lunch balance ? Pay online at www.myschoolbucks.com or at the register. <u>All IOUs must be paid in full !</u>			Menu is subject to change. Please let us know if you have any allergies to food.