

Free & Reduce Priced Meals
 2019-2020 forms are online!
 Apply online at
www.wrsd.net/foodservices
 New forms must be
 completed every year.

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

October 2019

NEW Lunch Prices!
 Elementary & Middle - \$3.25
 High School - \$3.50
 Reduced Price -.40
 Milk (without a meal) - .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
Menu is subject to change. Please let us know if you have any allergies to food.	¹ Egg, Ham & Cheese Croissant Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Hot Dog on Roll Chicken Patty on Roll	² Spaghetti & Meatballs Garlic Bread Knot Green Beans Chilled or Fresh Fruit Milk-Chocolate/White Hot Turkey & Cheese Croissant Pizza	³ Bacon Burger Sandwich Oven Baked Fries Baked Beans Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Grilled Chicken on Roll	⁴ <u>SMILE DAY!</u> Big Daddy Cheese Pizza Smile Fries Steamed Broccoli Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll
⁷ Asian Chicken Seasoned Rice Steamed Broccoli Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	⁸ Pancakes w/syrup Breakfast Sausage Hash Brown Potato Chilled or Fresh Fruit Milk-Chocolate/White Hot Dog on Roll Chicken Patty on roll	⁹ Macaroni & Cheese Garden Salad Garlic Bread Knot Chilled or Fresh Fruit Milk-Chocolate/White Hot Turkey & Cheese Croissant Pizza	¹⁰ Italian Combo (Mozz. sticks & Ravioli) Steamed Broccoli Ranched-Up Hummus w/ Veggies Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Cereal & yogurt lunch	¹¹ Sa's Cheese Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White NEW- Turkey Corn Dog Nuggets Bagel-Yogurt Meal
¹⁴ HOLIDAY Have you checked your lunch balance? Pay online at myschoolbucks.com or at the register. All IOUs must be paid in full!	¹⁵ Cinnamon French Toast Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Chicken Patty on roll Hot Dog on Roll	¹⁶ Chicken Parmesan & Pasta w/ Marinara Steamed Carrots Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White Hot Turkey & Cheese Croissant Pizza	¹⁷ SUPER NACHOS Black Bean Salad Corn Chilled or Fresh Fruit Milk-Chocolate/White Grilled Chicken on Roll Cereal & yogurt lunch	¹⁸ Stuffed Crust Pizza Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Bagel-Yogurt Meal
²¹ Mini Maple Waffles & Chicken Nuggets Sweet Potato Fries Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	²² Egg, Ham & Cheese Croissant Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Hot Dog on Roll Chicken Patty on Roll	²³ Spaghetti & Meatballs Dinner Roll Mixed Vegetables Chilled or Fresh Fruit Milk-Chocolate/White Hot Turkey & Cheese Croissant Pizza	²⁴ <u>EARLY RELEASE DAY</u> Chicken Patty on Roll Hot Dog on Roll Oven Baked Fries Buffalo Hummus w/ vegetables Chilled or Fresh Fruit Milk-Chocolate/White	²⁵ Big Daddy Cheese Pizza Spinach/Cranberry Salad Chilled or Fresh Fruit Milk-Chocolate/White NEW- Turkey Corn Dog Nuggets
²⁸ Chicken Fajita w/ Peppers, onions & mushrooms Black Beans and Rice Corn Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza	²⁹ Pancakes w/syrup Breakfast Sausage Hash Brown Potato Chilled or Fresh Fruit Milk-Chocolate/White Chicken Patty on Roll Hot Dog on Roll	³⁰ Macaroni & Cheese Green Beans Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White Hot Turkey & Cheese Croissant Pizza	³¹ <u>HAPPY HALLOWEEN!</u> Chik'n Giggles Emoji Fries Halloween Cookie Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Cheese or hamburger	¹ Sa's Cheese Pizza Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White Chicken Caesar Salad Shaker Bagel-Yogurt Meal