



WASD - Elementary School Level Menu / Order Form October 2020



www.wilsonaread.org

Please complete the ORDER FORM if you wish to order meals for your child.

**ORDER FORM
for week of 9/28/2020**

28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
<u>BREAKFAST</u> Cheerios	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW
<u>LUNCH</u> Macaroni & Cheese	<u>LUNCH</u> Cheeseburger	<u>LUNCH</u> Chicken Patty Sandwich	<u>LUNCH</u> Sausage Egg n Cheese Taco	<u>LUNCH</u> Stuffed Cheese Breadsticks
Fun Lunch	Fun Lunch	Turkey & Cheese Sandwich	Ham & Cheese Sandwich	Fun Lunch
				ORDER FORM for week of 10/5/2020
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
<u>BREAKFAST</u> Cheerios	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW
<u>LUNCH</u> Chicken Tenders	<u>LUNCH</u> Turkey Hot Dog	<u>LUNCH</u> Mashed Potato Chicken Bowl	<u>LUNCH</u> Pepperoni Pizza Bake	<u>LUNCH</u> Chicken Alfredo
Fun Lunch	Fun Lunch	Ham & Cheese Sandwich	Turkey & Cheese Sandwich	Fun Lunch
				ORDER FORM for week of 10/12/2020
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
SCHOOL CLOSED	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW
	<u>LUNCH</u> Fajita Chicken Bowl	<u>LUNCH</u> General Tso's Chicken	<u>LUNCH</u> Philly Cheese Steak	<u>LUNCH</u> Stuffed Cheese Breadsticks
	Fun Lunch	Turkey & Cheese Sandwich	Ham & Cheese Sandwich	Fun Lunch
				ORDER FORM for week of 10/19/2020
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
<u>BREAKFAST</u> Cheerios	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW
<u>LUNCH</u> Chicken Teriyaki	<u>LUNCH</u> Italian Meatball Sandwich	<u>LUNCH</u> Mashed Potato Chicken Bowl	<u>LUNCH</u> Egg & Cheese Taco	<u>LUNCH</u> Pulled BBQ Pork Sandwich
Fun Lunch	Fun Lunch	Ham & Cheese Sandwich	Turkey & Cheese Sandwich	Fun Lunch
				ORDER FORM for week of 10/26/2020

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26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
<p><u>BREAKFAST</u></p> <p>Cheerios</p> <p><u>LUNCH</u></p> <p>Cheeseburger</p> <p>Fun Lunch</p>	<p><u>BREAKFAST</u></p> <p>Apple Frudel MWS</p> <p><u>LUNCH</u></p> <p>Chicken Patty Sandwich</p> <p>Fun Lunch</p>	<p><u>BREAKFAST</u></p> <p>Strawberry Pop Tart MWS</p> <p><u>LUNCH</u></p> <p>Pepperoni Pizza Bake</p> <p>Turkey & Cheese Sandwich</p>	<p><u>BREAKFAST</u></p> <p>Mini Cinnis MWS</p> <p><u>LUNCH</u></p> <p>Fajita Chicken Bowl</p> <p>Ham & Cheese Sandwich</p>	<p><u>BREAKFAST</u></p> <p>Strawberry Nutrigrain Bar MSW</p> <p><u>LUNCH</u></p> <p>Chicken Alfredo</p> <p>Fun Lunch</p>
<p>A full student breakfast at the elementary level consists of a minimum of the following components: one full cup of fruit, one full cup of grains (whole-grain rich), and one cup of milk (non-fat or 1%).</p> <p>A full student lunch at the elementary level consists of a minimum of the following components: 1/2 cup of fruit, 3/4 cup of vegetables, one full cup of grains (whole-grain rich), one cup of meat/meat alternatives and one cup of milk (non-fat or 1%).</p>			<p>Effective 9/14/2020 all meals are <u>FREE</u> to all students</p>	
<p>Menus subject to change without notice.</p>				
<p>Questions? Please call Chris Baratta 484-373-6122</p>				