

FEBRUARY 2019

Wilson Elementary School Breakfast & Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

Cereal, Go-Gurt
Fresh Assorted Fruits **1**

Turkey & Cheese Sandwich
Sh. Lettuce, Tomato & Pickles
Snack Carrots
Assorted Juice



1% White, White Skim, F.Free Choc
Now Available
F.Free Strawberry Wednesday only.

Substitute menus may sometimes
be necessary



Lunch:
Choice of:
Menu Entrée
or
P.B & J offered everyday



Ranch, Ketchup, Mustard & Mayo

Don't forget to read
♥ February Issue ♥
Nutrition Nuggets Newsletter



Food Service Director: Yvette Lowe
Phone: (602)683-2411
•Email:

Yvette.lowe@wsd.k12.az.us

WSD
Is an equal
Opportunity provider.

Grab & Go Pack
Craisins **4**

Cheese Pizza Stix
Marinara Sauce
Spinach Salad with Broccoli
Granny Apple

Homemade Applesauce Bread
Assorted Fresh Fruits **5**

Bean Chalupa
Spanish Rice
Sh. Lettuce & Cheese
Salsa Cup
Pineapple

Maple Mini Waffles
Strawberry Cup & Asst. Juice **6**

Cheeseburger
Shredded Lettuce & Pickles
Potato Wedges
Mandarin Oranges

Banana Chunk Benefit Bar
Pears & Asst. Juice **7**

Oven Roasted Chicken
W. W. Roll
Vegetarian Beans
Corn on the Cob
Diced Apricots

Oatmeal & Raisin Toast
Fresh Assorted Fruits **8**

Grilled Ham & Cheese Sandwich
Snack Carrots
Celery Stix
Assorted Juice
W. G Animal Crackers

Grab & Go Pack
Applesauce **11**

Chicken Corn Dog
Oven Baked Fries
Broccoli Bites
Oranges

Power Cocoa Donut & Chs. Stix
Assorted Fresh Fruits **12**

Beef Taco
Refried Beans
Sh. Lettuce & Cheese
Salsa Cup
Pineapple

Pancake on a Stix
Strawberry Cup & Asst. Juice **13**

Orange Chicken
Brown Rice
Spring Mix Salad/Spinach
Cherry Tomatoes
Mandarin Oranges

Apple, Ch. Benefit Bar
Pears & Asst. Juice **14**

♥♥♥♥♥♥♥♥♥♥
Pasta with Meat Sauce
W. W. Roll
Mixed Vegetables
Sweetheart Cherry Ice

Cereal, Graham Crackers
Fresh Assorted Fruits **15**

Tuna Salad Sandwich
Cauliflower & Cucumbers
Assorted Juice
Baked Chips

President's Day
No School **18**



No Classes
Teacher Inservice Day **19**



Grab & Go Pack
Craisins **20**

Pepperoni Pizza
Seasoned Corn
Mandarin Oranges
Goldfish Guppies

French Toast Benefit Bar
Pears & Asst. Juice **21**

Sloppy Joe on Wheat Bun
Cowboy Beans
Snack Carrots
Diced Apricots

Cereal, Go-Gurt
Fresh Assorted Fruits **22**

Turkey & Cheese Sandwich
Sh. Lettuce, Tomato & Pickles
Broccoli Bites
Assorted Juice

Grab & Go Pack
Applesauce **25**

Teriyaki Steak Nuggets
Brown Rice
Spring Mix Salad/Spinach
Cucumber Slices
Apple

Homemade Applesauce Bread
Assorted Fresh Fruits **26**

Chicken Fajita
W.W. Tortilla
Peppers & Tomatoes
Pinto Beans
Pineapple

Bkft Egg & Chs. Sandwich
Strawberry Cup & Asst. Juice **27**

Barbeque Pork Sandwich
Sweet Potato Fries
Broccoli Bites
Mandarin Oranges

Oatmeal Raisin Benefit Bar
Pears & Asst. Juice **28**

Pasta with Meat Sauce
W.W. Roll
Mixed Vegetables
Diced Apricots