

**Free & Reduced Lunch**

2018-2019 forms are online! Apply online at

[www.wrsd.net/foodservices](http://www.wrsd.net/foodservices)  
**New forms must be filled out every year prior to Oct. 1st in order 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 2018**

**Lunch Meal Prices**  
 Elementary & Middle \$3.00  
 High School \$3.25  
 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
27 	28 <b>Chicken Nuggets</b> <b>Oven Baked Fries</b> <b>Steamed Broccoli</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza	29 <b>Cheese or hamburger</b> <b>Potato Chips</b> <b>Carrot Sticks</b> Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza	30 <b>Chicken Patty</b> <b>Swt Potato Crinkle Fries</b> <b>Hummus w/ vegetables</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal	31 <b>Sal's Cheese Pizza</b> <b>Fresh Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Cheese or hamburger
3 <b>HOLIDAY</b>  Menu is subject to change. Please let us know if you have any allergies to food.	4 <b>Pancakes</b> <b>Breakfast Sausage</b> <b>Potato Puffs</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza	5 <b>Hot Dog on Roll</b> <b>Baked Beans</b> <b>Potato Chips</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Pizza	6 <b>Grilled Ham &amp; Cheese</b> <b>Oven Baked Fries</b> <b>Carrot &amp; Celery Sticks</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal	7 <b>Stuffed Crust Pizza</b> <b>Caesar Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Buffalo Chicken Sub
10 <b>Mini Maple Waffles</b> <b>Chicken Nuggets</b> <b>Sweet Potato Fries</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	11 <b>Cinnamon French Toast</b> <b>Breakfast Sausage</b> <b>Hash Brown Potato</b> Chilled or Fresh Fruit Milk-Chocolate/White Hot Dog on Roll Cereal & yogurt lunch	12 <b>Pasta w/Marinara sauce</b> <b>Cheese Breadstick</b> <b>Fresh Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Pizza	13 <b>SUPER NACHOS</b> <b>Black Bean Salad</b> <b>Corn</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza	14 <b>Big Daddy's Pizza</b> <b>Fresh Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Cheese or hamburger
17 <b>Popcorn Chicken</b> <b>Seasoned Rice</b> <b>Corn</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	18 <b>Pancakes</b> <b>Breakfast Sausage</b> <b>Potato Puffs</b> Chilled or Fresh Fruit Milk-Chocolate/White Hot Dog on Roll Cereal & yogurt lunch	19 <b>Macaroni &amp; Cheese</b> <b>Steamed Broccoli</b> <b>Dinner Roll</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Pizza	20 <b><u>EARLY RELEASE DAY</u></b> Chicken Patty on Roll or Hot Dog on Roll Cape Cod Chips Chilled or Fresh Fruit Milk-Chocolate/White	21 <b>Sal's Cheese Pizza</b> <b>Caesar Salad</b> <b>Hummus &amp; Veggies</b> Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Cheese or hamburger
24 <b>Chicken Bacon</b> <b>Ranch Sub</b> <b>Oven Baked Fries</b> <b>Cole Slaw</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	25 <b>Cinnamon French Toast</b> <b>Breakfast Sausage</b> <b>Hash Brown Potato</b> Chilled or Fresh Fruit Milk-Chocolate/White Hot Dog on Roll Cereal & yogurt lunch	26 <b>Pasta &amp; Meatballs</b> <b>Dinner Roll</b> <b>Fresh Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Pizza	27 <b>Ham&amp;Cheese</b> <b>Croissant</b> <b>Smile Fries</b> <b>Tomato Soup</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza	28 <b>Stuffed Crust Pizza</b> <b>Steamed Broccoli</b> <b>Hummus &amp; Pretzels</b> Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Cheese or hamburger