





**WILSON SCHOOL DISTRICT  
UPPER HOUSE & LOWER HOUSE HIGH SCHOOL**

Contact the Food Service Office for questions and concerns: 610-670-0180 x 1148

# January 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Daily Breakfast Choices</u> Featured Entrée Bagel w/ Cream Cheese Assorted Cereal <b>OR</b> Poptarts w/ Yogurt <b>OR</b> String Cheese <b>Offered w/ Every Meal:</b> Selection of Fruit and 100% Juice Variety of Milk</p>	<p><b><u>DID YOU KNOW:</u></b> LUNCH includes five meal components: Meat/Meat Alternate, Whole Grains, Vegetables, Fruit and Milk. You must take a minimum of three components for a meal. One component must be a ½ cup serving of vegetable or fruit.</p>	<p><b><u>DID YOU KNOW:</u></b> BREAKFAST includes 3 components: Whole Grains, Fruit &amp; Juice, Milk. You must take a minimum of three food items for a meal. One item must be a ½ cup serving of fruit or fruit juice.</p>	<p><u>Meal Prices</u> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$ .30 Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$ .40</p>	<p><u>Lunch Daily Entrée Choices</u> Featured Hot Entrees <b>OR</b> Assorted Cold Sandwiches <b>OR</b> Create Your Own Salad Bar <b>OR</b> Yogurt w/ Bagel &amp; Cream Cheese <b>OR</b> Assort Cereal w/ 8 oz. Yogurt <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Veggies w/ Dip &amp; Hot Veggie Selection of Fruits &amp; Variety of Milks</p>
<p align="center">January 1</p> <p align="center"><b>Happy New Year 2018!</b> <i>School Closed</i></p> 	<p align="center">January 2</p> <p align="center"><b>School Closed</b></p> 	<p align="center">January 3</p> <p><u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Mini's</p> <p><u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll Assorted Pizzas</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Peas Golden Mandarin Oranges</p>	<p align="center">January 4</p> <p><u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf w/ Trix Yogurt</p> <p><u>Lunch Select 1 Entrée</u> Breaded Chicken Sand- Reg. or Spicy Assorted Pizzas</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Honey Glazed Carrots Chilly Applesauce</p>	<p align="center">January 5</p> <p><u>Breakfast Select 1 Entrée</u> Tac-Go w/ Egg, Cheese &amp; Sausage</p> <p><u>Lunch Select 1 Entrée</u> Fish Sticks &amp; "Chips" w/ Roll Assorted Pizzas</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> *Chips - French Fries Sweet Strawberries</p>
<p align="center">January 8</p> <p><u>Breakfast Select 1 Entrée</u> Pillsbury Mini Cinni Buns</p> <p><u>Lunch Select 1 Entrée</u> Walking Beefy Taco /Fixings Breaded Chicken Sand- Reg. or Spicy</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Black Beans / Salsa Golden Pineapple</p>	<p align="center">January 9</p> <p><u>Breakfast Select 1 Entrée</u> Egg, Bacon &amp; Cheese on Croissant</p> <p><u>Lunch Select 1 Entrée</u> Meatball Sliders (4) Breaded Chicken Sand- Reg. or Spicy</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Broccoli Frozen Juice Rush</p>	<p align="center">January 10</p> <p><u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets</p> <p><u>Lunch Select 1 Entrée</u> Turkey Pierogi Pot Pie w/ Bread Stick</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Peas Sweet Strawberries</p>	<p align="center">January 11</p> <p><u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Trix Yogurt</p> <p><u>Lunch Select 1 Entrée</u> <b>Subway Sandwiches</b> Breaded Chicken Sand- Reg. or Spicy</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Whipped Potatoes Festive Fruit Mix</p>	<p align="center">January 12</p> <p><u>Breakfast Select 1 Entrée</u> Ham, Egg &amp; Cheese on English Muffin</p> <p><u>Lunch Select 1 Entrée</u> Grilled Cheese Sandwich Breaded Chicken Sand- Reg. or Spicy</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Creamy Tomato Soup (6 oz.) Golden Peaches</p>
<p align="center">January 15</p> <p align="center"><b>School Closed</b> Martin Luther King Day</p> 	<p align="center">January 16</p> <p><u>Breakfast Select 1 Entrée</u> Breakfast Pizza</p> <p><u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll BBQ Pork Rib on Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> BBQ Baked Beans Mandarin Oranges</p>	<p align="center">January 17</p> <p><u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Mini's</p> <p><u>Lunch Select 1 Entrée</u> Breaded Cheese Sticks w/ Marinara BBQ Pork Rib on Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Green Beans Golden Pineapple</p>	<p align="center">January 18</p> <p><u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf w/ Trix Yogurt</p> <p><u>Lunch Select 1 Entrée</u> <b>Moe's Joey Jr. Burrito, Chips/Salsa</b> BBQ Pork Rib on Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Honey Glazed Carrots Chilled Fruit Mix</p>	<p align="center">January 19</p> <p><u>Breakfast Select 1 Entrée</u> Assorted Mini Donuts</p> <p><u>Lunch Select 1 Entrée</u> Chicken Nuggets w/ Soft Pretzel BBQ Pork Rib on Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Peas Chilled Peaches</p>
<p align="center">January 22</p> <p><u>Breakfast Select 1 Entrée</u> Pillsbury Mini Cinni Buns</p> <p><u>Lunch Select 1 Entrée</u> General Tso's Stir Fry / Brown Rice Hamburger or Cheeseburger/ Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Stir Fry Veggies Festive Fruit Cup</p>	<p align="center">January 23</p> <p><u>Breakfast Select 1 Entrée</u> Sausage, Egg &amp; Cheese Croissant</p> <p><u>Lunch Select 1 Entrée</u> Cheesy Penne Pasta w/ Meat sauce &amp; Garlic Toast Hamburger or Cheeseburger/ Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Romaine Salad Fresh Clementine or Tangerine</p>	<p align="center">January 24</p> <p><u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets</p> <p><u>Lunch Select 1 Entrée</u> Beef Gordita (Hard &amp; Soft Shells) Lettuce, Tomato, Sour Cream, Salsa Hamburger or Cheeseburger/ Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Refried Beans Golden Pineapple</p>	<p align="center">January 25</p> <p><u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Trix Yogurt</p> <p><u>Breakfast for Lunch:</u> Cheesy Scrambled Eggs w/Fr. Toast Hamburger or Cheeseburger/ Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Emoji Potatoes Frozen Juice Rush</p>	<p align="center">January 26</p> <p><u>Breakfast Select 1 Entrée</u> Ham, Egg &amp; Cheese on English Muffin</p> <p><u>Lunch Select 1 Entrée</u> Baked Chicken / Soft Pretzel Hamburger or Cheeseburger/ Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Mashed Potatoes, Green Beans Cinnamon Applesauce</p>
<p align="center">January 29</p> <p><u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel or Cherry Frudel</p> <p><u>Lunch Select 1 Entrée</u> <b>Double Dog Monday (2 Hot Dogs)</b> Assorted Pizzas</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Zesty Baked Beans Golden Diced Peaches</p>	<p align="center">January 30</p> <p><u>Breakfast Select 1 Entrée</u> Breakfast Pizza</p> <p><u>Lunch Select 1 Entrée</u> Turkey &amp; Gravy over Mashed Potato w/ Dinner Rolls (2) Assorted Pizzas</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Romaine Salad Warm Apple Crisp</p>	<p align="center">January 31</p> <p><u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Mini's</p> <p><u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll Assorted Pizzas</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Peas Golden Mandarin Oranges</p>	<p align="center"><b>GO BULLDOGS!</b></p> 	<p align="center"><u>Daily Vegetarian Entrée</u></p> <p>Mon- Black Bean Burger on Roll Tue- Cheesy Pizza Wed- Bean &amp; Cheese Burrito Thu- Cheese Quesadilla Fri- Breaded Cheese Sticks</p> 

Menu subject to change without notice.

To Deposit money into your child's account go to [www.wilsonsd.org](http://www.wilsonsd.org) then e-Funds Online Payments