

WILSON SCHOOL DISTRICT
WEST OR SOUTH MIDDLE 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>Daily Entrée Choices Featured Hot Entrees OR Assorted Cold Sandwiches OR Express Salad w/ Roll Bagel w/String Cheese or Yogurt OR Assorted Cereal w/ 8 oz. Yogurt Offered w/ Every Meal: Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks</p>	<p>DID YOU KNOW: 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>DID YOU KNOW: BREAKFAST includes 3 components: Whole Grains, Fruit & Juice, Milk. 4 Items will be offered, you must take a minimum of 3- food items for a meal. One item must be a ½ cup serving of fruit or fruit juice.</p>	<p>Meal Prices 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>Lunch Select 1 Entrée Daily Featured Hot Entrees OR Express Salad w/Roll OR PB & Jelly Sand w/Cheese & Soft Pretzel, Combo Select 1 Vegetable &/or 1 Fruit Hot Veggie & Fresh Veggies w/ Dip Selection of Fruits Variety of Milk</p>
<p>January 1 Happy New Year 2018!  Happy New Year</p>	<p>January 2 School Closed </p>	<p>January 3 Breakfast Select 1 Entrée Kellogg's Eggo French Toast Mini's Lunch Select 1 Entrée Philly Cheesesteak on Roll Hamburger on Roll Select 1 Vegetable &/or 1 Fruit Steamy Peas Golden Mandarin Oranges</p>	<p>January 4 Breakfast Select 1 Entrée Mini Breakfast Loaf w/ Trix Yogurt Lunch Select 1 Entrée Breaded Chicken Patty on Roll Hamburger on Roll Select 1 Vegetable &/or 1 Fruit Honey Glazed Carrots Chilly Applesauce</p>	<p>January 5 Breakfast Select 1 Entrée Tac-Go w/ Egg, Cheese & Sausage Lunch Select 1 Entrée Fish Sticks & "Chips" w/ Roll Hamburger on Roll Select 1 Vegetable &/or 1 Fruit *Chips - French Fries Sweet Strawberries</p>
<p>January 8 Breakfast Select 1 Entrée Pillsbury Mini Cinni Buns Lunch Select 1 Entrée Walking Beefy Taco /Fixings OR Chicken Patty Sandwich Select 1 Vegetable &/or 1 Fruit Black Beans / Salsa Golden Pineapple</p>	<p>January 9 Breakfast Select 1 Entrée Egg, Bacon & Cheese on Croissant Lunch Select 1 Entrée Meatball Sub w/ Roll OR Chicken Patty Sandwich Select 1 Vegetable &/or 1 Fruit Steamy Broccoli Frozen Juice Rush</p>	<p>January 10 Breakfast Select 1 Entrée Maple Pancake Sausage Nuggets Lunch Select 1 Entrée Turkey Pierogi Pot Pie w/ Bread Stick OR Chicken Patty Sandwich Select 1 Vegetable &/or 1 Fruit Steamy Peas Sweet Strawberries</p>	<p>January 11 Breakfast Select 1 Entrée Blueberry or Banana Muffin Trix Yogurt Lunch Select 1 Entrée <i>Moe's Joey Jr. Burrito, Chino/Salea</i> OR Chicken Patty Sandwich Select 1 Vegetable &/or 1 Fruit Steamy Vegetable Blend Festive Fruit Mix</p>	<p>January 12 Breakfast Select 1 Entrée Ham, Egg & Cheese on English Muffin Lunch Select 1 Entrée Grilled Cheese Sandwich OR Chicken Patty Sandwich Select 1 Vegetable &/or 1 Fruit Creamy Tomato Soup (6 oz.) Golden Peaches</p>
<p>January 15 School Closed <i>Martin Luther King Day</i>  I Have A Dream <i>Martin Luther King, Jr. Day</i></p>	<p>January 16 Breakfast Select 1 Entrée Breakfast Pizza Lunch Select 1 Entrée Philly Cheesesteak on Roll OR Cheese Quesadilla Select 1 Vegetable &/or 1 Fruit Steamy Broccoli Sweet Strawberries</p>	<p>January 17 Breakfast Select 1 Entrée Kellogg's Eggo French Toast Mini's Lunch Select 1 Entrée Beef & Cheese Taco in Corn Shell Or Personal Cheese Pizza Select 1 Vegetable &/or 1 Fruit Refried Beans Golden Pineapple</p>	<p>January 18 Breakfast Select 1 Entrée Mini Breakfast Loaf w/ Trix Yogurt Lunch Select 1 Entrée Subway Sandwiches Or Cheesy Stuffed Crust Pizza Select 1 Vegetable &/or 1 Fruit Honey Glazed Carrots Chilled Fruit Mix</p>	<p>January 19 Breakfast Select 1 Entrée Assorted Mini Donuts Lunch Select 1 Entrée Chicken Nuggets w/ Soft Pretzel OR Pizza Wedge Select 1 Vegetable &/or 1 Fruit Steamy Peas Chilled Peaches</p>
<p>January 22 Breakfast Select 1 Entrée Pillsbury Mini Cinni Buns Lunch Select 1 Entrée Orange Chicken Stir Fry / Brown Rice BBQ Pork Rib on Roll Select 1 Vegetable &/or 1 Fruit Stir Fry Veggies Festive Fruit Cup</p>	<p>January 23 Breakfast Select 1 Entrée Sausage, Egg & Cheese on Croissant Lunch Select 1 Entrée Cheesy Penne Pasta w/Meatsauce w/ Garlic Toast BBQ Pork Rib on Roll Select 1 Vegetable &/or 1 Fruit Fresh Romaine Salad Fresh Clementine or Tangerine</p>	<p>January 24 Breakfast Select 1 Entrée Maple Pancake Sausage Nuggets Lunch Select 1 Entrée Max Cheese Sticks w/ Dipping Sauce BBQ Pork Rib on Roll Select 1 Vegetable &/or 1 Fruit Sweet Potato Fries Mandarin Oranges</p>	<p>January 25 Breakfast Select 1 Entrée Blueberry or Banana Muffin Trix Yogurt Breakfast for Lunch: Cheesy Scrambled Eggs w/r.r. Tostitos BBQ Pork Rib on Roll Select 1 Vegetable &/or 1 Fruit Golden Emoji Potatoes Frozen Juice Rush</p>	<p>January 26 Breakfast Select 1 Entrée Ham, Egg & Cheese on English Muffin Lunch Select 1 Entrée Deli Hoagie on Roll/Chips BBQ Pork Rib on Roll Select 1 Vegetable &/or 1 Fruit Chicken Corn Soup Cinnamon Applesauce</p>
<p>January 29 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel Lunch Select 1 Entrée Hot Dog on Roll Hamburger on Roll Select 1 Vegetable &/or 1 Fruit Zesty Baked Beans Golden Diced Peaches</p>	<p>January 30 Breakfast Select 1 Entrée Breakfast Pizza Lunch Select 1 Entrée Breaded Cheese Sticks w/ Marinara Hamburger on Roll Select 1 Vegetable &/or 1 Fruit Fresh Romaine Salad Warm Apple Crisp</p>	<p>January 31 Breakfast Select 1 Entrée Kellogg's Eggo French Toast Mini's Lunch Select 1 Entrée Philly Cheesesteak on Roll Hamburger on Roll Select 1 Vegetable &/or 1 Fruit Steamy Peas Golden Mandarin Oranges</p>	<p>Bulldog Pride  Let it Snow </p>	

Menu subject to change without notice.

Put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments