



WILSON SCHOOL DISTRICT: KINDERGARTEN - GRADE 5 MENUS

Menu subject to change without notice.



# January 2018

We are an equal opportunity provider and employer!

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Select 1 Entrée</b> Featured Entrée Bagel w/ Cream Cheese Assorted Cereal OR Poptarts w/Choice of Yogurt or String Cheese <b>Offered w/ Every Meal:</b> Selection of Fruit and 100% Juice Variety of Milk	<b>DID YOU KNOW:</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.	<b>DID YOU KNOW:</b> 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.	<b>Meal Prices</b> 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	<b>Lunch Select 1 Entrée</b> Daily Featured Hot Entrees OR Express Salad w/Roll OR PB & Jelly Sand w/Cheese & Soft Pretzel, Combo <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Hot Veggie & Fresh Veggies w/ Dip Selection of Fruits Variety of Milk
<b>January 1</b> <b>Happy New Year 2018</b> 	<b>January 2</b> <b>School Closed</b> 	<b>January 3</b> <b>Breakfast Select 1 Entrée</b> Kellogg's Eggo French Toast Mini's  <b>Lunch Select 1 Entrée</b> Philly Cheesesteak on Roll Hamburger on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Peas Golden Mandarin Oranges	<b>January 4</b> <b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf w/ Trix Yogurt <b>Lunch Select 1 Entrée</b> Breaded Chicken Patty on Roll Hamburger on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Honey Glazed Carrots Chilly Applesauce	<b>January 5</b> <b>Breakfast Select 1 Entrée</b> Tac-Go w/ Egg, Cheese & Sausage <b>Lunch Select 1 Entrée</b> Fish Sticks & "Chips"* w/ Roll Hamburger on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> *Chips - French Fries Sweet Strawberries
<b>January 8</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Mini Cinni Buns  <b>Lunch Select 1 Entrée</b> Walking Beefy Taco /Fixings OR Chicken Patty Sandwich <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Black Beans / Salsa Golden Pineapple	<b>January 9</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon & Cheese on Croissant <b>Lunch Select 1 Entrée</b> Meatball Sub w/ Roll OR Chicken Patty Sandwich <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Broccoli Frozen Juice Rush	<b>January 10</b> <b>Breakfast Select 1 Entrée</b> Maple Pancake Sausage Nuggets (4 pc) <b>Lunch Select 1 Entrée</b> Turkey Pierogi Pot Pie w/ Bread Stick OR Chicken Patty Sandwich <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Peas Sweet Strawberries	<b>January 11</b> <b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin Trix Yogurt <b>Lunch Select 1 Entrée</b> Cheesy Meatloaf w/ Seasoned Pasta OR Chicken Patty Sandwich <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Green Beans Festive Fruit Mix	<b>January 12</b> <b>Breakfast Select 1 Entrée</b> Ham, Egg & Cheese on English Muffin <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich OR Chicken Patty Sandwich <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Creamy Tomato Soup (6 oz.) Golden Peaches
<b>January 15</b> <b>Martin Luther King Holiday</b> <b>School Closed</b>  <b>I Have A Dream</b>  <b>Martin Luther King, Jr. Day</b>	<b>January 16</b> <b>Breakfast Select 1 Entrée</b> Breakfast Pizza  <b>Lunch Select 1 Entrée</b> Philly Cheesesteak on Roll OR Cheese Quesadilla <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Broccoli Sweet Strawberries	<b>January 17</b> <b>Breakfast Select 1 Entrée</b> Kellogg's Eggo French Toast Mini's  <b>Lunch Select 1 Entrée</b> Beef & Cheese Taco in Corn Shell Or Personal Cheese Pizza <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Refried Beans Golden Pineapple	<b>January 18</b> <b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf w/ Trix Yogurt <b>Lunch Select 1 Entrée</b> Mini Corn Dogs Or Cheesy Stuffed Crust Pizza <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Honey Glazed Carrots Chilled Fruit Mix	<b>January 19</b> <b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts  <b>Lunch Select 1 Entrée</b> Chicken Nuggets w/ Soft Pretzel OR Pizza Wedge <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Peas Chilled Peaches
<b>January 22</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Mini Cinni Buns  <b>Lunch Select 1 Entrée</b> Orange Chicken Stir Fry / Brown Rice BBQ Pork Rib on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Stir Fry Veggies Festive Fruit Cup	<b>January 23</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg & Cheese Croissant <b>Lunch Select 1 Entrée</b> Cheesy Penne Pasta w/ Meat sauce & Garlic Toast BBQ Pork Rib on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Fresh Romaine Salad Fresh Clementine or Tangerine	<b>January 24</b> <b>Breakfast Select 1 Entrée</b> Maple Pancake Sausage Nuggets (4 pc) <b>Lunch Select 1 Entrée</b> Max Cheese Sticks w/ Dipping Sauce BBQ Pork Rib on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Sweet Potato Fries Mandarin Oranges	<b>January 25</b> <b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin Trix Yogurt <b>Breakfast for Lunch:</b> Cheesy Scrambled Eggs w/Fr. Toast BBQ Pork Rib on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Golden Emoji Potatoes Frozen Juice Rush	<b>January 26</b> <b>Breakfast Select 1 Entrée</b> Ham, Egg & Cheese on English Muffin <b>Lunch Select 1 Entrée</b> Deli Hoagie on Roll/Chips BBQ Pork Rib on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Chicken Corn Soup Cinnamon Applesauce
<b>January 29</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Apple Frudel or Cherry Frudel <b>Lunch Select 1 Entrée</b> Hot Dog on Roll Hamburger on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Zesty Baked Beans Golden Diced Peaches	<b>January 30</b> <b>Breakfast Select 1 Entrée</b> Breakfast Pizza  <b>Lunch Select 1 Entrée</b> Breaded Cheese Sticks w/ Marinara Hamburger on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Fresh Romaine Salad Warm Apple Crisp	<b>January 31</b> <b>Breakfast Select 1 Entrée</b> Kellogg's Eggo French Toast Mini's  <b>Lunch Select 1 Entrée</b> Philly Cheesesteak on Roll Hamburger on Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Peas Golden Mandarin Oranges		