

WILSON SCHOOL DISTRICT

MIDDLE SCHOOLS: GRADES 6 - 8


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



# February 2018

We are an equal opportunity provider and employer!

Monday	CARB	Tuesday		Wednesday		Thursday		Friday	CARB
<u>Breakfast Select 1 Entrée</u> Featured Entrée		<u>DID YOU KNOW: LUNCH</u> 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.		<u>DID YOU KNOW: BREAKFAST</u> 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.		<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		<u>Lunch Select 1 Entrée</u> Ham & Cheese Express Salad w/Roll MS- PB & J w/ String Cheese OR PB & Jelly Sand w/Cheese & Soft Pretzel, Combo Turkey&Cheese Express Salad w/Roll Fresh Veggies NO Dip Fresh Veggies w/ Dip Selection of Fruits Variety of Milk	28.4 54 51 37.5 3.7 4 15 !!
Bagel w/ Cream Cheese Assorted Cereal OR Poptarts w/Choice of Yogurt or String Cheese <u>Offered w/ Every Meal:</u> Selection of Fruit and 100% Juice Variety of Milk	30/1 #/* 15  @ !!								
				Milk Carbs !! 1% White FF Chocolate FF Strawberry FF White <u>Fruit Juice @</u> 100% Apple, 4 oz 100% Grape, 4 oz 100% Orange, 4 oz	CARB 13 22 26 12  14 19 14	February 1 <u>Breakfast Select 1 Entrée</u> Breakfast Loaf or Banana Bread w/ Yogurt <u>Lunch Select 1 Entrée</u> Breaded Chicken Patty on Roll Hamburger on Roll <u>Select 1 Vegetable &amp;/or 1 Fruit</u> Honey Glazed Carrots Chilly Applesauce	CARB 26/44 15  34 27  11.5 11.5	February 2 <u>Breakfast Select 1 Entrée</u> Tac-Go w/ Egg, Cheese & Sausage <u>Super Bowl Celebration</u> Corn Dog Bites Cheeseburger or Hamburger/Roll <u>Select 1 Vegetable &amp;/or 1 Fruit</u> Golden French Fries Sweet Strawberries	14  23 27/28  18 17.2
February 5	CARB	February 6	CARB	February 7	CARB	February 8	CARB	February 9	CARB
<u>Breakfast Select 1 Entrée</u> Pillsbury Mini Cinni Buns	40	<u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese on Croissant	24	<u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets (4 pc)	20	<u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Yogurt	26/31	<u>Breakfast Select 1 Entrée</u> Ham, Egg & Cheese on Slider Roll	16
<u>Lunch Select 1 Entrée</u> Walking Beefy Taco /Fixings OR Chicken Patty Sandwich	35 34	<u>Lunch Select 1 Entrée</u> Meatball Sliders (2) OR Chicken Patty Sandwich	49 34	<u>Lunch Select 1 Entrée</u> Turkey Pierogi Pot Pie w/ Bread Stick OR Chicken Patty Sandwich	81 34	<u>Lunch Select 1 Entrée</u> Moe's Joey Jr. Burrito, Chips/Salsa OR Chicken Patty Sandwich	70 34	<u>Lunch Select 1 Entrée</u> Grilled Cheese Sandwich OR Chicken Patty Sandwich	23 34
<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Black Beans / Salsa Golden Pineapple	5 18	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Broccoli Frozen Juice Rush	5 27	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Peas Sweet Strawberries	11 22	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Green Beans Festive Fruit Mix	4 25	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Creamy Tomato Soup (6 oz.) Golden Peaches	14 7
February 12	CARB	February 13	CARB	February 14	CARB	February 15	CARB	February 16: NOW OPEN	CARB
<u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel or Cherry Frudel	36 37	<u>Breakfast Select 1 Entrée</u> Powder Donuts (6 ct) Chocolate Donuts (6 ct)	45 42	<u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Mini's	35	Breakfast Loaf or Banana Bread Yogurt	26/44 15	<u>Breakfast Select 1 Entrée</u> French Toast Sticks (3) Pancake Syrup, 1 oz.	28.5 31
<u>Lunch Select 1 Entrée</u> Sloppy Joe on Roll Or French Bread Pizza	77 36	<u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll OR Mickey's Pizza Wedge	36 30	<u>Lunch Select 1 Entrée</u> Beef & Cheese Taco in Corn Shell Or Personal Cheese Pizza	30 36	<u>Chinese New Year</u> Cherry Blossom Chicken over Veggie Fried Rice OR Cheese Stick(Schwan)	27 54 30	<u>Lunch Select 1 Entrée</u> Hamburger on Round Roll OR Quesadilla	27 40
<u>Select 1 Vegetable &amp;/or 1 Fruit</u> Golden Tater Tots (10 pc) Chilly Pears	16 12	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Honey Glazed Carrots Golden Pineapple	11.5 18	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Refried Beans/ Strawberries <u>Sweetheart Ice Cream Cup</u>	24/22 14	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Broccoli Chilled Fruit Mix & Fortune Cookie	5 15/16	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Green Beans Applesauce Cup	4 11.5

February 19: NOW OPEN	CARB	February 20	CARB	February 21	CARB	February 22	CARB	February 23	CARB
<u>Breakfast Select 1 Entrée</u> Cinnamon Roll	32	<u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese Croissant	28	<u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets (4 pc)	20	<u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Yogurt	26/31 15	<u>Breakfast Select 1 Entrée</u> Ham, Egg & Cheese on Round Roll	24
<u>Lunch Select 1 Entrée</u> Nachos:Taco Meat/Cheese Sauce Chicken Tenders & Dinner Roll	35 29	<u>Lunch Select 1 Entrée</u> Pasta w/ Meatsauce & Cheese Chicken Tenders	46 16	<u>Lunch Select 1 Entrée</u> Max Cheese Sticks w/ Dipping Sauce Chicken Tenders & Dinner Roll	63 29	<u>Breakfast for Lunch:</u> Subway Sandwiches Chicken Tenders & Dinner Roll	47 29	<u>Breakfast for Lunch:</u> French Toast Sticks, Sausage Chicken Tenders & Dinner Roll	38/0 29
<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Black Bean/Salsa/Lettuce Chilled Fruit Mix	5 15	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Broccoli Golden Diced Peaches	5 7	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Sweet Potato Fries w/Maple Dipper Mandarin Oranges	13/40 17	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Green Beans Frozen Juice Rush	4 27	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Golden Emoji Potatoes (4) Chilled Fruit	20 15
February 26	CARB	February 27	CARB	February 28	CARB	<p><u>Now accepting applications for employment!</u></p> <p>If you are looking for part-time work, want to work the same schedule as your children, then we have a job for YOU! Fill out an application with Human Resources</p> 			
<u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel or Cherry Frudel	36 37	<u>Breakfast Select 1 Entrée</u> Tony's Breakfast Pizza (Bacon Egg Scramble)	25	<u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Mini's	35				
<u>Lunch Select 1 Entrée</u> Hot Dog on Roll Hamburger on Roll	15 27	<u>Lunch Select 1 Entrée</u> Macaroni & Cheese w/ Gold Fish Hamburger on Roll	45 27	<u>Early Dismissal - No Lunch</u>  <b>1/2 Day of School</b>					
<u>Select 1 Vegetable &amp;/or 1 Fruit</u> Zesty Baked Beans Golden Diced Peaches	37 7	<u>Select 1 Vegetable &amp;/or 1 Fruit</u> Fresh Romaine Salad/Dressing Chilled Applesauce Cup	2/3 11.5						
Menu subject to change without notice. Use e-Funds for Schools to put money into your child's account at <a href="http://www.wilsonsd.org">www.wilsonsd.org</a> Go to: e-Funds Online Payments									
Cereals #	CARB	PopTarts *	CARB	Juice @	CARB				
Cereal, Bowl Pack, Cheerios, Gluten Free	23	Pop Tart, Cinnamon Brown Sugar, W6, S5	37	Juice, 100% Juice, Apple, 090301	14				
Cereal, Bowl Pack, Cheerios, Honey Nut, Gluten Free	22	Pop Tart, Frosted Fudge, Whole Grain, S5	38	Juice, 100% Juice, Grape, 90501	19				
Cereal, Bowl Pack, Lucky Charms, Gluten Free	19	Pop Tart, Strawberry, Whole Grain, S5	38	Juice, 100% Juice, Orange, 090100	14				
Cereal, Bowl Pack, Reduced Sugar Cinnamon Toast Crunch	22	<b>!! Milk</b>		<b>\$ Donuts</b>					
Cereal, Bowl Pack, Reduced Sugar Cocoa Puffs	25	Milk, 1% White	13	Mini Chocolate Coated Donuts, 6 count	42				
Cereal, Bowl Pack, Reduced Sugar Frosted Corn Flakes	24	Milk, FF Chocolate	22	Mini Powder Donuts, 6 count	45				
Cereal, Bowl Pack, Reduced Sugar Fruit Loops	24	Milk, FF Strawberry	26	<b>Muffin &amp;</b>					
<b>Mini Loaf/Sliced Banana Bread</b>		Milk, FF White	12	Muffin, Blueberry	26				
Bread, Mini Loaf, Wild Blueberry, Whole Wheat, 2 oz.	26			Muffin, Banana (NO NUTS)	31				
Bread, Sliced, Banana, Whole Wheat, 3.4 oz.	44								