

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 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 © !! | <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 \$ 3.30 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 !! | | | |
| | | | 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 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 &/or 1 Fruit</u> Honey Glazed Carrots Chilly Applesauce | CARB 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 &/or 1 Fruit</u> Golden French Fries Sweet Strawberries | CARB 13 22 26 12 14 19 14 26/44 15 34 27 11.5 11.5 | CARB 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 <u>Lunch Select 1 Entrée</u> Walking Beefy Taco /Fixings OR Chicken Patty Sandwich <u>Select 1-2 Veggies &/or 1 Fruit</u> Black Beans / Salsa Golden Pineapple | 40 35 34 5 18 | <u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese on Croissant <u>Lunch Select 1 Entrée</u> Meatball Sliders (2) OR Chicken Patty Sandwich <u>Select 1-2 Veggies &/or 1 Fruit</u> Steamy Broccoli Frozen Juice Rush | 24 49 34 5 27 | <u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets (4 pc) <u>Lunch Select 1 Entrée</u> Turkey Pierogi Pot Pie w/ Bread Stick OR Chicken Patty Sandwich <u>Select 1-2 Veggies &/or 1 Fruit</u> Steamy Peas Sweet Strawberries | 20 81 34 11 22 | <u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Yogurt <u>Lunch Select 1 Entrée</u> Moe's Joey Jr. Burrito, Chips/Salsa OR Chicken Patty Sandwich <u>Select 1-2 Veggies &/or 1 Fruit</u> Steamy Green Beans Festive Fruit Mix | 26/31 70 34 4 25 | <u>Breakfast Select 1 Entrée</u> Ham, Egg & Cheese on Slider Roll <u>Lunch Select 1 Entrée</u> Grilled Cheese Sandwich OR Chicken Patty Sandwich <u>Select 1-2 Veggies &/or 1 Fruit</u> Creamy Tomato Soup (6 oz.) Golden Peaches | 16 23 34 14 7 |
| February 12 | CARB | February 13 | CARB | February 14 | CARB | February 15 | CARB | February 16 | CARB |
| <u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel or Cherry Frudel <u>Lunch Select 1 Entrée</u> Sloppy Joe on Roll Or French Bread Pizza <u>Select 1 Vegetable &/or 1 Fruit</u> Golden Tater Tots (10 pc) Chilly Pears | 36 37 77 36 16 12 | <u>Breakfast Select 1 Entrée</u> Powder Donuts (6 ct) Chocolate Donuts (6 ct) <u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll OR Mickey's Pizza Wedge <u>Select 1-2 Veggies &/or 1 Fruit</u> Honey Glazed Carrots Golden Pineapple | 45 42 36 30 11.5 18 | <u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Mini's <u>Lunch Select 1 Entrée</u> Beef & Cheese Taco in Corn Shell Or Personal Cheese Pizza <u>Select 1-2 Veggies &/or 1 Fruit</u> Refried Beans/ Strawberries Sweetheart Ice Cream Cup | 35 30 36 24/22 14 | Breakfast Loaf or Banana Bread Yogurt <u>Chinese New Year</u> Cherry Blossom Chicken over Veggie Fried Rice OR Cheese Stick(Schwan) <u>Select 1-2 Veggies &/or 1 Fruit</u> Steamy Broccoli Chilled Fruit Mix & Fortune Cookie | 26/44 15 27 54 30 5 15/16 | <u>School Closed</u> Staff Professional Development  2018 Year of Dog | |

| February 19 | CARB | February 20 | CARB | February 21 | CARB | February 22 | CARB | February 23 | CARB |
|--|------|---|------|---|------|---|------|---|------|
| School Closed Holiday  | | Breakfast Select 1 Entrée Sausage, Egg & Cheese Croissant 28 Lunch Select 1 Entrée Pasta w/ Meatsauce & Cheese 46 Chicken Tenders 16 Garlic Bread (w/both Entrees) 15 Select 1-2 Veggies &/or 1 Fruit Steamy Broccoli 5 Golden Diced Peaches 7 | | Breakfast Select 1 Entrée Maple Pancake Sausage 20 Nuggets (4 pc) Lunch Select 1 Entrée Max Cheese Sticks w/ Dipping Sauce 63 Chicken Tenders & Dinner Roll 29 Select 1-2 Veggies &/or 1 Fruit Sweet Potato Fries w/Maple Dipper 13/40 Mandarin Oranges 17 | | Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt 26/31 15 Breakfast for Lunch: Subway Sandwiches 47 Chicken Tenders & Dinner Roll 29 Select 1-2 Veggies &/or 1 Fruit Steamy Green Beans 4 Frozen Juice Rush 27 | | Breakfast Select 1 Entrée Ham, Egg & Cheese on Round Roll 24 Breakfast for Lunch: French Toast Sticks, Sausage 38/0 Chicken Tenders & Dinner Roll 29 Select 1-2 Veggies &/or 1 Fruit Golden Emoji Potatoes (4) 20 Chilled Fruit 15 | |
| February 26 | CARB | February 27 | CARB | February 28 | CARB | Now accepting applications for employment! 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   | | | |
| Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel 36 37 Lunch Select 1 Entrée Hot Dog on Roll 15 Hamburger on Roll 27 Select 1 Vegetable &/or 1 Fruit Zesty Baked Beans 37 Golden Diced Peaches 7 | | Breakfast Select 1 Entrée Tony's Breakfast Pizza (Bacon Egg Scramble) 25 Lunch Select 1 Entrée Macaroni & Cheese w/ Gold Fish 45 Hamburger on Roll 27 Select 1 Vegetable &/or 1 Fruit Fresh Romaine Salad/Dressing 2/3 Chilled Applesauce Cup 11.5 | | Breakfast Select 1 Entrée Kellogg's Eggo French Toast Mini's 35 Early Dismissal - No Lunch  | | | | | |
| Menu subject to change without notice. Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments | | | | | | | | | |
| Cereals # | CARB | PopTarts * | CARB | Juice @ | CARB | | | | |
| Cereal, Bowl Pack, Cheerios, Gluten Free | 23 | Pop Tart, Cinnamon Brown Sugar, WG, SS | 37 | Juice, 100% Juice, Apple, 090301 | 14 | | | | |
| Cereal, Bowl Pack, Cheerios, Honey Nut, Gluten Free | 22 | Pop Tart, Frosted Fudge, Whole Grain, SS | 38 | Juice, 100% Juice, Grape, 90501 | 19 | | | | |
| Cereal, Bowl Pack, Lucky Charms, Gluten Free | 19 | Pop Tart, Strawberry, Whole Grain, SS | 38 | Juice, 100% Juice, Orange, 090100 | 14 | | | | |
| Cereal, Bowl Pack, Reduced Sugar Cinnamon Toast Crunch | 22 | !! Milk | | \$ Donuts | | | | | |
| 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 | Muffin & | | | | | |
| Mini Loaf/Sliced Banana Bread | | 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 | | | | | | | | |