




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

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	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs	
<b>akfast 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>30/1 #/* 15</b>  <b>☺ !!</b>	<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.		<b>Milk Carbs !!</b> 1% White FF Chocolate FF Strawberry FF White <b>Fruit Juice @</b> 100% Apple, 4 oz 100% Grape, 4 oz 100% Orange, 4 oz	          <b>13</b> <b>22</b> <b>26</b> <b>12</b>  <b>14</b> <b>19</b> <b>14</b>	<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 Daily Entrée Choices</b>  OR Assorted Cold Sandwiches OR Create Your Own Salad Bar OR Yogurt w/ Bagel & Cream Cheese OR Assort Cereal w/ 8 oz. Yogurt	          <b>22 - 32</b>          <b>60</b>	
		<b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Veggies NO Dip <b>3.7</b> Fresh Veggies w/ Dip <b>4</b> Selection of Fruits <b>15</b> Variety of Milk <b>!!</b>				<b>4</b> <b>15</b> <b>!!</b>	<b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf w/ Yogurt <b>Lunch Select 1 Entrée</b> Veal Parmesan Sandwich Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden French Fries Sweet Strawberries	          <b>26</b> <b>15</b>  <b>35</b> <b>35</b>  <b>18</b> <b>17.2</b>	<b>Breakfast Select 1 Entrée</b> Egg & Sausage Breakfast Slider <b>Super Bowl Celebration!!</b> Buffalo Chicken Cheese Dip/Nachos OR Corn Dog Bites OR Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Honey Carrots Chilly Applesauce	          <b>18</b>  <b>7</b>  <b>23</b>  <b>35</b>       <b>11.5</b> <b>11.5</b>
<b>February 5</b>	<b>Carbs</b>	<b>February 6</b>	<b>Carbs</b>	<b>February 7</b>	<b>Carbs</b>	<b>February 8</b>	<b>Carbs</b>	<b>February 9</b>	<b>Carbs</b>	
<b>Breakfast Select 1 Entrée</b> Pillsbury Mini Cinni Buns  <b>Lunch Select 1 Entrée</b> Walking Beefy Taco /Fixings Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Black Beans / Salsa Golden Pineapple	          <b>40</b>  <b>35</b> <b>26</b>  <b>5</b> <b>18</b>	<b>Breakfast Select 1 Entrée</b> Egg, Bacon & Cheese on Croissant <b>Lunch Select 1 Entrée</b> Double Meatball Sliders Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Broccoli Frozen Juice Rush	          <b>24</b>  <b>49</b> <b>26</b>  <b>5</b> <b>27</b>	<b>Breakfast Select 1 Entrée</b> Maple Pancake Sausage Nuggets <b>Lunch Select 1 Entrée</b> Turkey Pierogi Pot Pie w/ Bread Stick Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Peas Sweet Strawberries	          <b>20</b>  <b>81</b>  <b>26</b>  <b>11</b> <b>22</b>	<b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin w/ Yogurt <b>Lunch Select 1 Entrée</b> <b>Subway Sandwiches</b> Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Whipped Potatoes Festive Fruit Mix	          <b>26/31</b> <b>15</b>  <b>26</b>  <b>14</b> <b>25</b>	<b>Breakfast Select 1 Entrée</b> Ham, Egg & Cheese on English Muffin <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Creamy Tomato Soup (8 oz.) Golden Peaches	          <b>26</b>  <b>23</b> <b>26</b>  <b>16</b> <b>7</b>	
<b>February 12</b>	<b>Carbs</b>	<b>February 13</b>	<b>Carbs</b>	<b>February 14</b>	<b>Carbs</b>	<b>February 15</b>	<b>Carbs</b>	<b>February 16: NOW OPEN</b>	<b>Carbs</b>	
<b>Breakfast Select 1 Entrée</b> Pillsbury Apple Frudel or Cherry Frudel <b>Lunch Select 1 Entrée</b> Sloppy Joe on Roll Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Tater Tots (10 pc) Chilly Pears	          <b>36</b> <b>37</b>  <b>77</b> <b>46</b>  <b>16</b> <b>12</b>	<b>Breakfast Select 1 Entrée</b> Powder Donuts (6 ct) Chocolate Donuts (6 ct) <b>Lunch Select 1 Entrée</b> Philly Cheesesteak on Roll Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> BBQ Baked Beans Mandarin Oranges	          <b>45</b> <b>42</b>  <b>22</b> <b>46</b>  <b>37</b> <b>17</b>	<b>Breakfast Select 1 Entrée</b> Kellogg Eggo French Toast Mini's <b>Lunch Select 1 Entrée</b> Breaded Cheese Sticks w/ Marinara Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Green Beans Sweet Strawberries <b>Sweetheart Ice Cream Cup</b>	          <b>35</b>  <b>45</b> <b>46</b>  <b>4</b> <b>25</b> <b>14</b>	<b>Breakfast Select 1 Entrée</b> Egg & Sausage Breakfast Slider  <b>Chinese New Year</b> Cherry Blossom Chicken/Veggie Rice Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Broccoli Chilled Fruit Mix & Fortune Cookie	          <b>18</b>  <b>30</b> <b>27</b> <b>46</b>  <b>5</b> <b>15/16</b>	<b>Breakfast Select 1 Entrée</b> French Toast Sticks (4) Panckae Syrup, 1 oz. <b>Lunch Select 1 Entrée</b> Meatball Sliders (2 Rolls/4 Meat) Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Veggies Applesauce Cup	          <b>38</b> <b>31</b>  <b>39</b> <b>46</b>  <b>8</b> <b>11.5</b>	

February 19: NOW OPEN	Carbs	February 20	Carbs	February 21	Carbs	February 22		February 23	Carbs
<b>Breakfast Select 1 Entrée</b> Cinnamon Roll - Hadley Farms	32	<b>Breakfast Select 1 Entrée</b> Sausage, Egg & Cheese Croissant	28	<b>Breakfast Select 1 Entrée</b> Maple Pancake Sausage Nuggets	15	<b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin w/ Yogurt	26/31 15	<b>Breakfast Select 1 Entrée</b> Ham, Egg & Cheese on Round Roll	16
<b>Lunch Select 1 Entrée</b> Cheese Quesadilla	40	<b>Lunch Select 1 Entrée</b> Cheesy Penne Pasta w/ Meat sauce & Garlic Toast	46 15	<b>Lunch Select 1 Entrée</b> Turkey & Gravy over Waffles	29	<b>Lunch Select 1 Entrée</b> <i>Moe's Joey Jr. Burrito, Chips/Salsa</i>	70	<b>Lunch Select 1 Entrée</b> Batter Dipped Fish & Chips**/Roll	7
Hamburger or Cheeseburger/ Roll	27/28	Hamburger or Cheeseburger/ Roll	27/28	Hamburger or Cheeseburger/ Roll	27/28	Hamburger or Cheeseburger/ Roll	27/28	Hamburger or Cheeseburger/ Roll	27/28
<b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Green Beans	4	<b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Romaine Salad/ Dressing	2 + 3	<b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Mashed Potatoes, Honey Carrots	13/11.5	<b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Refried Beans	24	<b>Select 1-2 Veggies &amp; 1-2 Fruits</b> **Chips = French Fries	18
Chilled Fruit Mix	15	Chilly Applesauce Cup	11.5	Warm Berry Crisp		Frozen Juice Rush	27	Chilled Fruit Cup	15
February 26	Carbs	February 27	Carbs	February 28	Carbs	Parents!!	Carbs	Daily Vegetarian Entrées	Carbs
<b>Breakfast Select 1 Entrée</b> Pillsbury Apple Frudel or Cherry Frudel	36 37	<b>Breakfast Select 1 Entrée</b> Tony's Breakfast Pizza (Bacon Egg Scramble)	25	<b>Breakfast Select 1 Entrée</b> Kellogg's Eggo French Toast Mini's	35	<b>Now accepting applications for employment!</b>		Daily: Yogurt, Fruit & Granola Parfait	
<b>Lunch Select 1 Entrée</b> Double Dog Monday (2 Hot Dogs)	27-36	<b>Lunch Select 1 Entrée</b> Chicken Fingers (3) w/ Roll	29	<b>EARLY DISMISSAL, NO LUNCH</b>		<b>If you are looking for part-time work, want to work the same schedule as your children, then we have a job for YOU!</b>		Mon- Black Bean Burger on Roll	
<b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Assorted Pizzas		<b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Assorted Pizzas	27-36	<b>1/2 Day of School</b> 		<b>Fill out an application with Human Resources</b>		Tue- Cheesy Pizza	
Zesty Baked Beans		Steamy Peas & Carrots						Wed- Bean & Cheese Burrito	
Golden Diced Peaches		Chilly Pears						Thu- Cheese Quesadilla	
								Fri- Breaded Cheese Sticks	

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

Cereals #	CARB	PopTarts *	CARB	Juice @	CARB
Cereal, Cheerios, Gluten Free	23	Cinnamon Brown Sugar, WG, SS	37	100% Apple	14
Cereal, Cheerios, Honey Nut, Gluten Free	22	Frosted Fudge, Whole Grain, SS	38	100% Grape	19
Cereal, Lucky Charms, Gluten Free	19	Strawberry, Whole Grain, SS	38	100% Orange	14
Cereal, Red.Sugar Cinnamon Toast Crunch	22			\$ Donuts	
Cereal, Reduced Sugar Cocoa Puffs	25			Mini Chocolate Coated Donuts, 6 count	42
Cereal, Reduced Sugar Frosted Corn Flakes	24			Mini Powder Donuts, 6 count	45
Cereal, Reduced Sugar Fruit Loops	24			Muffin &	
<b>Mini Loaf/Sliced Banana Bread</b>				Muffin, Blueberry	26
Mini Loaf Wild Blueberry, WW, 2 oz.	26			Muffin, Banana (NO NUTS)	31
Banana Bread, WW, 3.4 oz.	44				