




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

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

Menu subject to change without notice.

To Deposit money into your child's account go to www.wilsonsd.org then 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			\$ Donuts	
Cereal, Bowl Pack, Reduced Sugar Cocoa Puffs	25			Mini Chocolate Coated Donuts, 6 count	42
Cereal, Bowl Pack, Reduced Sugar Frosted Corn Flakes	24			Mini Powder Donuts, 6 count	45
Cereal, Bowl Pack, Reduced Sugar Fruit Loops	24			Muffin &	
Mini Loaf/Sliced Banana Bread				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				



Carbs
22 - 32
60
18
7
23
35
11.5
11.5
26
23
26
16
7
38
31
39
46
8
11.5

16
7
27/28
18
15