

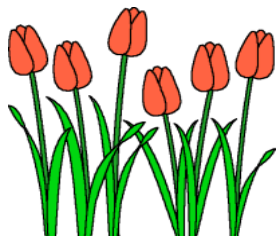




WILSON SCHOOL DISTRICT
SOUTHERN & WEST MIDDLE SCHOOL (GRADES 6 - 8)

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

March 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Breakfast Choices Featured Entrée Bagel w/ Cream Cheese Assorted Cereal OR Poptarts w/ Yogurt OR String Cheese</p> <p>Offered w/ Every Meal: Selection of Fruit and 100% Juice Variety of Milk</p>	<p>BUILD A HEALTHY LUNCH from these 5 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.</p>	<p>START YOUR DAY WITH BREAKFAST includes 3 components: Whole Grains, Fruit & Juice, Milk. You must take a minimum of three food items for a meal. One item must be a ½ cup serving of fruit or fruit juice.</p>	<p>Meal Prices 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</p>	<p>Lunch Daily Entrée Choices Featured Hot Entrees OR Assorted Cold Sandwiches OR Express Salads OR PB & Jelly + String Cheese</p> <p>Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks</p>
	<p>Celebrate School Breakfast Week March 5 - 9</p> <p>Let your inner emoji SHINE when you eat a healthy breakfast!</p> 		<p>March 1 Breakfast Select 1 Entrée Mini Breakfast Loaf OR Banana Bread w/ Yogurt Lunch Select 1 Entrée Breaded Baked Chicken w/ Roll Hamburger on Roll Select 1-2 Veggies & 1 Fruit Honey Glazed Carrots Sweet Strawberries</p>	<p>March 2 Breakfast Select 1 Entrée Egg, Ham & Cheese Breakfast Slider Lunch Select 1 Entrée Corn Dog Bites w/ Dinner Roll Hamburger on Roll Select 1-2 Veggies & 1 Fruit Golden French Fries Applesauce Cup</p>
<p>March 5 Breakfast Select 1 Entrée Pillsbury Mini Cinni Buns Lunch Select 1 Entrée Walking Taco - Lettuce, Salsa, Tomato Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Golden Pineapple</p>	<p>March 13 Breakfast Select 1 Entrée Egg, Bacon & Cheese on Croissant Lunch Select 1 Entrée Double Meatball Sliders Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies & 1 Fruit Steamy Broccoli Frozen Juice Rush</p>	<p>March 7 Breakfast Select 1 Entrée Maple Pancake Sausage Nuggets (4 pc) Lunch Select 1 Entrée Turkey Pierogi Pot Pie & Bread Stick Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies & 1 Fruit Steamy Peas & Carrots Sweet Strawberries</p>	<p>March 8 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt Lunch Select 1 Entrée Moe's Joey Jr. Burrito, Chips/Salsa Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies & 1 Fruit Golden Corn Festive Fruit Mix</p>	<p>March 9 Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Bacon & Cheese) Lunch Select 1 Entrée Grilled Cheese Sandwich Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies & 1 Fruit Creamy Tomato Soup (8 oz.) Golden Peaches</p>
<p>March 12 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel Lunch Select 1 Entrée Sloppy Joe on Roll French Bread Pizza Select 1-2 Veggies & 1 Fruit Golden Tater Tots (10 pc) Chilly Pears</p>	<p>March 14 Breakfast Select 1 Entrée Kellogg Eggo French Toast Mini's Brunch Lunch Select 1 Entrée French Toast Sticks (4 pc) w/ Sausage Breaded Cheese Sticks w/ Marinara Select 1-2 Veggies & 1 Fruit Steamy Green Beans Chilled Mixed Fruit</p>	<p>March 15 - National Pi Day Breakfast Select 1 Entrée Mini Breakfast Loaf w/ Yogurt Lunch Select 1 Entrée Chicken Patty Sandwich Cheese Calzone w/ Marinara Sauce Select 1-2 Veggies & 1 Fruit Honey Glazed Carrots Fruit Pi</p>	<p>March 17 Breakfast Select 1 Entrée Egg, Sausage & Cheese Breakfast Slider Lunch Select 1 Entrée Hamburger on Roll Cheese Quesadilla Select 1-2 Veggies & 1 Fruit Wear'n of the Green Broccoli Shamrock Ice Cream & Berries</p>	
<p>March 19 Breakfast Select 1 Entrée Icing Drizzled Cinnamon Roll Lunch Select 1 Entrée Nachos: Taco Meat/Cheese Sauce Chicken Tenders (3) & Dinner Roll Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Chilled Fruit Mix</p>	<p>March 20. Welcome Spring! Breakfast Select 1 Entrée Egg, Bacon & Cheese on Croissant Lunch Select 1 Entrée Penne Pasta W/ Meat Sauce/Garlic Bread Chicken Tenders (3) & Garlic Bread Select 1-2 Veggies & 1 Fruit Fresh Romaine Salad Chilled Mandarin Oranges</p>	<p>March 21 Breakfast Select 1 Entrée French Toast Sticks (4 pc) Lunch Select 1 Entrée Meatloaf w/ Gravy & 2 Rolls Chicken Tenders (3) & Dinner Roll Select 1-2 Veggies & 1 Fruit Mashed Potatoes, Honey Carrots Chilly Applesauce Cup</p>	<p>March 22 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt Lunch Select 1 Entrée Variety of Subway Sandwiches & Chips Chicken Tenders (3) & Dinner Roll Select 1-2 Veggies & 1 Fruit Steamy Green Beans Frozen Juice Rush</p>	<p>March 23 Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Bacon & Cheese) EARLY DISMISSAL, NO LUNCH</p> 
<p>March 26 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel Lunch Select 1 Entrée Breaded Baked Chicken w/ Roll Hamburger on Roll Select 1-2 Veggies & 1 Fruit Golden Corn & Mashed Potatoes Golden Diced Peaches</p>	<p>March 27 Breakfast Select 1 Entrée Breakfast Pizza Lunch Select 1 Entrée Macaroni & Cheese w/ Gold Fish Hamburger on Roll Select 1-2 Veggies & 1 Fruit Steamy Broccoli Golden Pineapple</p>	<p>March 28 Breakfast Select 1 Entrée Mini Pancakes w/ Syrup Lunch Select 1 Entrée Fish Sticks & Roll Hamburger on Roll Select 1-2 Veggies & 1 Fruit Golden French Fries Festive Mixed Fruit</p>	<p>March 29 Breakfast Select 1 Entrée Egg, Sausage & Cheese Breakfast Slider Lunch Select 1 Entrée Chicken Patty Sandwich Hamburger on Roll Select 1-2 Veggies & 1 Fruit Honey Carrots Sweet Strawberries</p>	<p>March 30 Spring Break - School Closed</p>  <p>Select Milk @ Breakfast & Lunch 1% White Milk FF Chocolate Milk FF Strawberry Milk Skim White Milk</p>

Menu subject to change without notice.

To Deposit money into your child's account go to www.wilsonsd.org then e-Funds Online Payments