| WILSON SCHOOL DISTRICT SOUTHERN \& WEST MIDDLE SCHOOL (GRADES 6-8) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | We are an equal opportunity provider and employer! |  |
| Mond | Tuesday | We | Thers | Friday |
| Daily Breakfast Choices <br> Featured Entrée <br> Bagel w/ Cream Cheese <br> Assorted Cereal OR Poptarts <br> w/ Yogurt OR String Cheese <br> Offered w/ Every Meal: <br> Selection of Fruit and 100\% Juice Variety of Milk | 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 $\frac{1}{2}$ cup serving of vegetable or fruit. | 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 $\frac{1}{2}$ cup serving of fruit or fruit juice. | Meal Prices <br> Elementary Breakfast \$1.85 <br> Middle School Breakfast \$2.05 <br> High School Breakfast \$2.25 <br> Reduced Breakfast \$. 30 <br> Elementary Lunch \$2.70 <br> Middle School Lunch \$2.90 <br> High School Lunch \$3.10 <br> Reduced Lunch \$. 40 | Lunch Daily Entrée Choices <br> Featured Hot Entrees OR Assorted Cold Sandwiches OR Express Salads OR PB \& Jelly + String Cheese <br> Select 1-2 Veggies \& 1-2 Fruits <br> Fresh Veggies w/ Dip \& Hot Veggie selection of Fruits \& Variety of Milks |
|  | Celebrate School Breakfast Week March 5-9 <br> Let your <br> inner emoji SHINE when you eat a healthy breakfast! |  | March 1 <br> Breakfast Select 1 Entrée <br> Mini Breakfast Loaf OR Banana Bread <br> w/ Yogurt <br> Lunch Select 1 Entrée <br> Breaded Baked Chicken w/ Roll Hamburger on Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Honey Glazed Carrots <br> Sweet Strawberries | March 2 <br> Breakfast Select 1 Entrée <br> Egg, Ham \& Cheese <br> Breakfast Slider <br> Lunch Select 1 Entrée <br> Corn Dog Bites w/ Dinner Roll <br> Hamburger on Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Golden French Fries <br> Applesauce Cup |
| March 5 |  | Mar | March 8 | March 9 |
| Breakfast Select 1 Entrée <br> Pillsbury Mini Cinni Buns <br> Lunch Select 1 Entrée <br> Walking Taco - Lettuce, Salsa, Tomato Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies \& 1 Fruit Zesty Baked Beans Golden Pineapple | Breakfast Select 1 Entrée <br> Egg, Bacon \& Cheese on Croissant <br> Lunch Select 1 Entrée <br> Double Meatball Sliders <br> Chicken Nuggets w/ Dinner Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Steamy Broccoli <br> Frozen Juice Rush | Breakfast Select 1 Entrée <br> Maple Pancake Sausage Nuggets (4 pc) <br> Lunch Select 1 Entrée <br> Turkey Pierogi Pot Pie \& Bread Stick <br> Chicken Nuggets w/ Dinner Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Steamy Peas \& Carrots <br> Sweet Strawberries | Breakfast Select 1 Entrée <br> Blueberry or Banana Muffin <br> w/ Yogurt <br> Lunch Select 1 Entrée <br> Moe's Joey Jr. Burrito, Chips/Salsa <br> Chicken Nuggets w/ Dinner Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Golden Corn <br> Festive Fruit Mix | Breakfast Select 1 Entrée <br> Bulldog Breakfast Biscuit <br> (Egg, Bacon \& Cheese) <br> Lunch Select 1 Entrée <br> Grilled Cheese Sandwich <br> Chicken Nuggets w/ Dinner Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Creamy Tomato Soup (8 oz.) <br> Golden Peaches |
| March 12 | March 13 | March 14 | March 15 - National Pi Day | Lucky Leprechaun, March 17 |
| Breakfast Select 1 Entrée <br> Pillsbury Apple Frudel or Cherry Frudel Lunch Select 1 Entrée <br> Sloppy Joe on Roll French Bread Pizza <br> Select 1-2 Veggies \& 1 Fruit Golden Tater Tots ( 10 pc ) Chilly Pears | Breakfast Select 1 Entrée <br> Breakfast Pizza <br> Lunch Select 1 Entrée <br> Philly Cheesesteak on Roll <br> Personal Cheese Pizza <br> Select 1-2 Veggies \& 1 Fruit <br> BBQ Baked Beans <br> Chilly Applesauce Cup | Breakfast Select 1 Entrée <br> Kellogg Eggo French Toast Mini's <br> Brunch Lunch Select 1 Entrée <br> French Toast Sticks (4 pc) w/ Sausage Breaded Cheese Sticks w/ Marinara <br> Select 1-2 Veggies \& 1 Fruit Steamy Green Beans Chilled Mixed Fruit | Breakfast Select 1 Entrée <br> Mini Breakfast Loaf <br> w/ Yogurt <br> Lunch Select 1 Entrée <br> Chicken Patty Sandwich <br> Cheese Calzone w/ Marinara Sauce <br> Select 1-2 Veggies \& 1 Fruit <br> Honey Glazed Carrots Fruit Pi | Breakfast Select 1 Entrée <br> Egg, Sausage \& Cheese <br> Breakfast Slider <br> Lunch Select 1 Entrée <br> Hamburger on Roll <br> Cheese Quesadilla <br> Select 1-2 Veggies \& 1 Fruit <br> Wear'n of the Green Broccoli <br> Shamrock Ice Cream \& Berries |
| March | arch 20...Welcome Sprin | March 21 | March 22 | March 23 |
| Breakfast Select 1 Entrée <br> Icing Drizzled Cinnamon Roll <br> Lunch Select 1 Entrée <br> Nachos: Taco Meat/Cheese Sauce Chicken Tenders (3) \& Dinner Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Zesty Baked Beans Chilled Fruit Mix | Breakfast Select 1 Entrée <br> Egg, Bacon \& Cheese on Croissant <br> Lunch Select 1 Entrée <br> Penne Pasta W/ Meat Sauce/Garlic Bread Chicken Tenders (3) \& Garlic Bread <br> Select 1-2 Veggies \& 1 Fruit Fresh Romaine Salad Chilled Mandarin Oranges | Breakfast Select 1 Entrée <br> French Toast Sticks (4 pc) <br> Lunch Select 1 Entrée <br> Meatloaf w/ Gravy \& 2 Rolls Chicken Tenders (3) \& Dinner Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Mashed Potatoes, Honey Carrots Chilly Applesauce Cup | Breakfast Select 1 Entrée <br> Blueberry or Banana Muffin <br> w/ Yogurt <br> Lunch Select 1 Entrée <br> riety of Subway Sandwiches \& Chips Chicken Tenders (3) \& Dinner Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Steamy Green Beans <br> Frozen Juice Rush | Breakfast Select 1 Entrée <br> Bulldog Breakfast Biscuit <br> (Egg, Bacon \& Cheese) <br> EARLY DISMISSAL, NO LUNCH |
| March 26 | March 27 | March 28 | March 29 | March 30 |
| Breakfast Select 1 Entrée <br> Pillsbury Apple Frudel <br> or Cherry Frudel <br> Lunch Select 1 Entrée <br> Breaded Baked Chicken w/ Roll <br> Hamburger on Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Golden Corn \& Mashed Potatoes Golden Diced Peaches |  |  | Breakfast Select 1 Entrée <br> Egg, Sausage \& Cheese <br> Breakfast Slider <br> Lunch Select 1 Entrée <br> Chicken Patty Sandwich <br> Hamburger on Roll <br> Select 1-2 Veggies \& 1 Fruit <br> Honey Carrots <br> Sweet Strawberries | Select Milk @ Breakfast \& Lunch <br> 1\% White Milk <br> FF Chocolate Milk <br> FF Strawberry Milk <br> Skim White Milk |
| Menu subject to change without notice. |  | To Deposit money into your child's account go to www.wilsonsd.org then e-Funds Online Payments |  |  |

