

WILSON SCHOOL DISTRICT
UPPER HOUSE & LOWER HOUSE HIGH SCHOOL

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 <u>OR</u> Poptarts w/ Yogurt <u>OR</u> 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 \$3.30</p> <hr/> <p>Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$4.40</p>	<p>Lunch Daily Entrée Choices Featured Hot Entrees <u>OR</u> Assorted Cold Sandwiches <u>OR</u> Create Your Own Salad Bar <u>OR</u> Yogurt w/ Bagel & Cream Cheese <u>OR</u> Assort Cereal w/ 8 oz. Yogurt Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks</p>
 <p>Purchase a Breakfast Meal Enjoy a FREE Cup of WAWA Coffee!! <i>French Vanilla, Hazelnut, Regular</i></p>	<p>Celebrate School Breakfast Week March 5 - 9</p> <p>Let your inner emoji SHINE when you eat a healthy breakfast!</p> 	<p>Daily Vegetarian Entrées Daily: Yogurt, Fruit & Granola Parfait Mon- Black Bean Burger on Roll Tue- Cheesy Pizza Wed- Bean & Cheese Burrito Thu- Cheese Quesadilla Fri- Breaded Cheese Sticks</p> 	<p>March 1 Breakfast Select 1 Entrée Mini Breakfast Loaf w/ Yogurt Brunch Lunch French Toast Sticks & Sausages Assorted Pizzas Select 1-2 Veggies & 1-2 Fruits Golden Potatoes Sweet Strawberries</p> 	<p>March 2 Breakfast Select 1 Entrée Egg, Sausage & Cheese Breakfast Slider Lunch Select 1 Entrée Buffalo Chicken Cheese Dip/Nachos Assorted Pizzas Select 1-2 Veggies & 1-2 Fruits Honey Carrots Chilly Applesauce</p>
<p>March 5 Breakfast Select 1 Entrée Pillsbury Mini Cinni Buns Lunch Select 1 Entrée Walking Taco - Lettuce, Salsa, Tomato Breaded Chicken Sand- Reg. or Spicy Select 1-2 Veggies & 1-2 Fruits Zesty Baked Beans Golden Pineapple</p> 	<p>March 13 Breakfast Select 1 Entrée Breakfast Pizza Lunch Select 1 Entrée Philly Cheesesteak on Roll Cheese Calzone w/ Marinara Sauce Select 1-2 Veggies & 1-2 Fruits BBQ Baked Beans Chilly Applesauce Cup</p>	<p>March 7 Breakfast Select 1 Entrée Maple Pancake Sausage Nuggets Lunch Select 1 Entrée Turkey Pierogi Pot Pie & Bread Stick Breaded Chicken Sand- Reg. or Spicy Select 1-2 Veggies & 1-2 Fruits Steamy Peas & Carrots Sweet Strawberries</p>	<p>March 8 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt Lunch Select 1 Entrée <i>Variety of Subway Sandwiches & Chips</i> Breaded Chicken Sand- Reg. or Spicy Select 1-2 Veggies & 1-2 Fruits 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 Breaded Chicken Sand- Reg. or Spicy Select 1-2 Veggies & 1-2 Fruits 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 Cheese Calzone w/ Marinara Sauce Select 1-2 Veggies & 1-2 Fruits Golden Tater Tots (10 pc) Chilly Pears</p>	<p>March 14 Breakfast Select 1 Entrée Kellogg Eggo French Toast Mini's Lunch Select 1 Entrée Breaded Cheese Sticks w/ Marinara Cheese Calzone w/ Marinara Sauce Select 1-2 Veggies & 1-2 Fruits 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 Hot Roast Beef Sandwich w/ Gravy Cheese Calzone w/ Marinara Sauce Select 1-2 Veggies & 1-2 Fruits Whipped Potatoes, Steamy Carrots Fruit PI ...</p>	<p>March 22 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt Lunch Select 1 Entrée <i>Moe's Joey Jr. Burrito, Chips/Salsa</i> Beef Rib-B-Que on Club Roll Select 1-2 Veggies & 1-2 Fruits Zesty Baked Beans Frozen Juice Rush</p>	<p>Lucky Leprechaun, March 17 Breakfast Select 1 Entrée Egg, Sausage & Cheese Breakfast Slider Lunch Select 1 Entrée Pot of Gold Mini Corn Dogs Cheese Calzone w/ Marinara Sauce Select 1-2 Veggies & 1-2 Fruits 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 Cheese Quesadilla Hamburger or Cheeseburger/Roll Select 1-2 Veggies &/or 1 Fruit Steamy Green Beans Chilled Fruit Mix</p> 	<p>March 20...Welcome Spring! Breakfast Select 1 Entrée Egg, Bacon & Cheese on Croissant Lunch Select 1 Entrée Chicken Alfredo Penne/Garlic Toast Beef Rib-B-Que on Club Roll Select 1-2 Veggies & 1-2 Fruits Fresh Romaine Salad Chilled Mandarin Oranges</p>	<p>March 21 Breakfast Select 1 Entrée French Toast Sticks (4 pc) Lunch Select 1 Entrée **NEW** Cuban Sandwich on Ciabatta (Ham, Pork, Provolone, Pickle) Hamburger or Cheeseburger/Roll Select 1-2 Veggies & 1-2 Fruits Mashed Potatoes, Honey Carrots Chilly Applesauce Cup</p>	<p>March 29 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt Lunch Select 1 Entrée <i>Moe's Joey Jr. Burrito, Chips/Salsa</i> Beef Rib-B-Que on Club Roll Select 1-2 Veggies & 1-2 Fruits Zesty Baked Beans Frozen Juice Rush</p>	<p>March 17 Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Bacon & Cheese) EARLY DISMISSAL, NO LUNCH  <i>Spring begins</i></p>
<p>March 26 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel Lunch Select 1 Entrée Breaded Baked Chicken w/ Dinner Roll Assorted Pizzas Select 1-2 Veggies & 1-2 Fruits Golden Corn & Mashed Potatoes Golden Diced Peaches</p>	<p>March 27 Breakfast Select 1 Entrée Breakfast Pizza Lunch Select 1 Entrée Meatloaf w/ Buttered Noodles Assorted Pizzas Select 1-2 Veggies & 1-2 Fruits Steamy Broccoli Golden Pineapple</p> 	<p>March 28 Breakfast Select 1 Entrée Mini Pancakes Lunch Select 1 Entrée Popcorn Chicken Rice Bowl w/ Sauces Assorted Pizzas Select 1-2 Veggies & 1-2 Fruits Sliced Carrots Sweet Strawberries</p>	<p>March 29 Breakfast Select 1 Entrée Egg, Sausage & Cheese Breakfast Slider Lunch Select 1 Entrée Macaroni & Cheese, Dinner Roll Assorted Pizzas Select 1-2 Veggies & 1-2 Fruits Stewed Tomatoes Festive Mixed Fruit</p> 	<p>March 30 Spring Break - School Closed 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