

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

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



APRIL 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 Offered w/ Every Meal: Selection of Fruit and 100% Juice Variety of Milk</p> <p>Spring Break: School Closed</p>	<p>JUMP START WITH BREAKFAST Includes these 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>BUILD A HEALTHY LUNCH Includes 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>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>April 2 IRON CHEF WINNERS!! Join us on Monday, April 9 Enjoy the 1st Place Winning Breakfast & Winning Lunch voted on by YOU and the Community at the Iron Chef Competition!</p>	<p>April 3 Breakfast Select 1 Entrée Tony's Breakfast Pizza</p> <p>Lunch Select 1 Entrée Macaroni & Cheese w/ Gold Fish Hamburger on Roll</p> <p>Select 1 Vegetable &/or 1 Fruit Steamy Green Beans Mixed Fruit</p>	<p>April 4 Breakfast Select 1 Entrée Egg, Sausage & Cheese Slider Baseball Season Homerun Lunch</p> <p>Lunch Select 1 Entrée Beef Hot Dog on Roll Hamburger on Roll</p> <p>Select 1-2 Veggies & 1 Fruit BBQ Baked Beans & Popcorn Apple Slices</p>	<p>April 5 Breakfast Select 1 Entrée Mini Breakfast Loaf OR Banana Bread w/ Yogurt</p> <p>Lunch Select 1 Entrée Breaded Chicken Patty Sandwich Hamburger on Roll</p> <p>Select 1-2 Veggies & 1 Fruit Honey Glazed Carrots Sweet Strawberries</p>	<p>April 6 Breakfast Select 1 Entrée Egg, Ham & Cheese Breakfast Slider</p> <p>Lunch Select 1 Entrée Corn Dog Bites w/ Dinner Roll Hamburger on Roll</p> <p>Select 1-2 Veggies & 1 Fruit Golden French Fries Applesauce Cup</p>
<p>April 9 Iron Chef Breakfast #1 Winner Icing Drizzled Cinnamon Roll</p> <p>Iron Chef Lunch #1 Winner Walking Taco - Lettuce, Salsa, Tomato Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Golden Pineapple</p>	<p>April 10 Breakfast Select 1 Entrée Egg, Bacon & Cheese on Croissant</p> <p>Lunch Select 1 Entrée Double Meatball Sliders Chicken Nuggets w/ Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Steamy Broccoli Frozen Juice Rush</p>	<p>April 11 Breakfast Select 1 Entrée Maple Pancake Sausage Nuggets (4 pc)</p> <p>Lunch Select 1 Entrée Turkey Pierogi Pot Pie & Bread Stick Chicken Nuggets w/ Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Steamy Peas & Carrots Sweet Strawberries</p>	<p>April 12 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt</p> <p>Lunch Select 1 Entrée Moe's Joey Jr. Burrito, Chips/Salsa Chicken Nuggets w/ Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Golden Corn Festive Fruit Mix</p>	<p>April 13 Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Bacon & Cheese)</p> <p>Lunch Select 1 Entrée Pizza Buns (2) Chicken Nuggets w/ Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Sweet Potato Fries w/ Dipper Golden Peaches</p>
<p>April 16 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel</p> <p>Lunch Select 1 Entrée Sloppy Joe on Roll French Bread Pizza</p> <p>Select 1-2 Veggies & 1 Fruit Golden Tater Tots (10 pc) Chilly Pears</p>	<p>April 17 Breakfast Select 1 Entrée Breakfast Pizza</p> <p>Lunch Select 1 Entrée Philly Cheesesteak on Roll Personal Cheese Pizza</p> <p>Select 1-2 Veggies & 1 Fruit BBQ Baked Beans Chilly Applesauce Cup</p>	<p>April 18 Breakfast Select 1 Entrée Kellogg Eggo French Toast Mini's</p> <p>Lunch Select 1 Entrée Meatloaf w/ Gravy, Dinner Roll Breaded Cheese Sticks w/ Marinara</p> <p>Select 1-2 Veggies & 1 Fruit Steamy Green Beans Chilled Mixed Fruit Fresh Baked Cookie</p>	<p>April 19 Breakfast Select 1 Entrée Mini Breakfast Loaf w/ Yogurt</p> <p>Lunch Select 1 Entrée Chicken Patty Sandwich Cheese Calzone w/ Marinara Sauce</p> <p>Select 1-2 Veggies & 1 Fruit Honey Glazed Carrots Chilled Pineapple</p>	<p>April 20 Breakfast Select 1 Entrée Egg, Sausage & Cheese Breakfast Slider</p> <p>Lunch Select 1 Entrée Hamburger on Roll Cheese Quesadilla</p> <p>Select 1-2 Veggies & 1 Fruit Steamy Broccoli Chilly Strawberries</p>
<p>April 23 Breakfast Select 1 Entrée Icing Drizzled Cinnamon Roll</p> <p>Lunch Select 1 Entrée Nachos: Taco Meat/Cheese Sauce Chicken Tenders (3) & Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Chilled Fruit Mix</p>	<p>April 24 Breakfast Select 1 Entrée Egg, Sausage & Cheese Croissant</p> <p>Lunch Select 1 Entrée Spaghetti & Meatballs, Garlic Bread Chicken Tenders (3) & Garlic Bread</p> <p>Select 1-2 Veggies & 1 Fruit Fresh Romaine Salad Chilled Mandarin Oranges</p>	<p>April 25 Breakfast Select 1 Entrée French Toast Sticks (4 pc)</p> <p>Lunch Select 1 Entrée Pulled Pork on Roll Chicken Tenders (3) & Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Golden Tater Tots Chilly Applesauce Cup</p>	<p>April 26 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt</p> <p>Lunch Select 1 Entrée Variety of Subway Sandwiches & Chips Chicken Tenders (3) & Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Steamy Green Beans Frozen Juice Rush</p>	<p>April 27 Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Bacon & Cheese)</p> <p>Lunch Select 1 Entrée Turkey & Cheese Hoagie, Lettuce Chicken Tenders (3) & Dinner Roll</p> <p>Select 1-2 Veggies & 1 Fruit Honey Carrots, Chips Chilled Peaches</p>
<p>April 30 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel</p> <p>Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Roll Hamburger on Roll</p> <p>Select 1-2 Veggies & 1 Fruit Golden Corn & Mashed Potatoes Golden Diced Peaches</p>	<p>EARTH DAY, April 22 Help keep our earth safe! Get outside and enjoy the beauty of nature! When you go for a hike take a bag and pick-up any trash you find! Save Your environment, Save Your World!</p>			<p>Make your meal complete with 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