

WILSON SCHOOL DISTRICT  
LOWER & UPPER HOUSES HIGH SCHOOL (GRADES 9 - 12)

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	
<b>Daily Breakfast Choices - Free Coffee</b> Bagel w/ Cream Cheese Assorted Cereal <b>OR</b> Poptarts w/ Yogurt <b>OR</b> String Cheese Yogurt Parfaits <b>Offered w/ Every Meal:</b> Selection of Fruit and 100% Juice Variety of Milk <b>Spring Break: School Closed</b>	<b>JUMP START WITH BREAKFAST</b> 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.	<b>Meal Prices</b> 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	<b>BUILD A HEALTHY LUNCH</b> 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.	<b>Lunch Daily Entrée Choices</b> Featured Hot Entrees <b>OR</b> Assorted Cold Sandwiches <b>OR</b> Salad Bar <b>OR</b> PB & Jelly + String Cheese <b>OR</b> Yogurt Parfaits <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks	
<b>April 2</b> <b>IRON CHEF WINNERS!!</b> Join us on Monday, April 9 Enjoy the Winning Breakfast & Winning Lunch voted on by YOU and the Community at the Iron Chef Competition!	<b>April 3</b> <b>Breakfast Select 1 Entrée</b> Tony's Breakfast Pizza  <b>Lunch Select 1 Entrée</b> Macaroni & Cheese w/ Dinner Roll Hamburger OR Cheeseburger on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Green Beans Mixed Fruit Cup	<b>April 4</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage & Cheese Slider <b>Baseball Season Homerun Lunch</b> <b>Lunch Select 1 Entrée</b> Double Beef Hot Dogs on Rolls Hamburger OR Cheeseburger on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> BBQ Baked Beans & Popcorn Apple Slices	<b>April 5</b> <b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf OR Banana Bread w/ Yogurt <b>Lunch Select 1 Entrée</b> Popcorn Chicken Bowl Hamburger OR Cheeseburger on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Mashed Potatoes & Corn Sweet Strawberries	<b>April 6</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon & Cheese Slider  <b>Lunch Select 1 Entrée</b> Corn Dog Bites w/ Dinner Roll Hamburger OR Cheeseburger on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden French Fries Applesauce Cup	
<b>April 9</b> <b>Iron Chef Breakfast #1 Winner</b> Icing Drizzled Cinnamon Roll  <b>Iron Chef Lunch #1 Winner</b> Walking Taco - Lettuce, Salsa, Tomato Chicken Patty Sandwich- Regular/Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Zesty Baked Beans Golden Pineapple	<b>April 10</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage & Cheese Croissant  <b>Lunch Select 1 Entrée</b> Double Meatball Sliders Chicken Patty Sandwich- Regular/Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Broccoli Frozen Juice Rush	<b>April 11</b> <b>Breakfast Select 1 Entrée</b> Maple Pancake Sausage Nuggets (4 pc)  <b>Lunch Select 1 Entrée</b> Turkey Pierogi Pot Pie & Bread Stick Chicken Patty Sandwich- Regular/Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Peas & Carrots Sweet Strawberries	<b>April 12</b> <b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin w/ Yogurt <b>Lunch Select 1 Entrée</b> Variety of Subway Sandwiches & Chips Chicken Patty Sandwich- Regular/Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Corn Festive Fruit Mix	<b>April 13</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Biscuit (Egg, Sausage & Cheese) <b>Lunch Select 1 Entrée</b> Pizza Buns (2) Chicken Patty Sandwich- Regular/Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Sweet Potato Fries w/ Dipper Golden Peaches	
<b>April 16</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Apple Frudel or Cherry Frudel <b>Lunch Select 1 Entrée</b> Sloppy Joe on Roll French Bread Pizza <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Tater Tots (10 pc) Chilly Pears	<b>April 17</b> <b>Breakfast Select 1 Entrée</b> Breakfast Pizza  <b>Lunch Select 1 Entrée</b> Philly Cheesesteak on Roll Personal Cheese Pizza <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> BBQ Baked Beans Chilly Applesauce Cup	<b>April 18</b> <b>Breakfast Select 1 Entrée</b> Kellogg Eggo French Toast Mini's <b>Lunch Select 1 Entrée</b> Meatloaf w/ Gravy, Dinner Roll Breaded Cheese Sticks w/ Marinara <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Mashed Potatoes & Green Beans Chilled Mixed Fruit Fresh Baked Cookie	<b>April 19</b> <b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf w/ Yogurt <b>Lunch Select 1 Entrée</b> Chicken Patty Sandwich Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Honey Glazed Carrots Chilled Pineapple	<b>April 20</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage & Cheese Breakfast Slider <b>Lunch Select 1 Entrée</b> Hamburger OR Cheeseburger on Roll Cheese Quesadilla <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Broccoli Chilly Strawberries	
<b>April 23</b> <b>Breakfast Select 1 Entrée</b> Icing Drizzled Cinnamon Roll  <b>Lunch Select 1 Entrée</b> Nachos: Taco Meat/Cheese Sauce Veal Parmesan on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Zesty Baked Beans Chilled Fruit Mix	<b>April 24</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage & Cheese Croissant  <b>Lunch Select 1 Entrée</b> Spaghetti & Meatballs, Garlic Bread Veal Parmesan on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Romaine Salad Chilled Mandarin Oranges	<b>April 25</b> <b>Breakfast Select 1 Entrée</b> Waffles w/ Syrup  <b>Lunch Select 1 Entrée</b> Pulled Pork on Roll Veal Parmesan on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Honey Carrot Coins Chilly Applesauce Cup	<b>April 26</b> <b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin w/ Yogurt <b>Lunch Select 1 Entrée</b> Moe's Joey Jr. Burrito, Chips/Salsa Veal Parmesan on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Green Beans Frozen Juice Rush	<b>April 27</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Biscuit (Egg, Bacon & Cheese) <b>Brunch Lunch</b> French Toast Sticks w/ Sausage Veal Parmesan on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden French Fries Chilled Peaches	
<b>April 30</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Apple Frudel or Cherry Frudel <b>Lunch Select 1 Entrée</b> Breaded Baked Chicken w/ Roll Hamburger OR Cheeseburger on Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Corn & Mashed Potatoes Golden Diced Peaches	<b>EARTH DAY, April 22</b> 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!				<b>Make your meal complete with Milk @ Breakfast &amp; Lunch</b> 1% White Milk FF Chocolate Milk FF Strawberry Milk Skim White Milk

Menu subject to change without notice.

To Deposit money into your child's account go to [www.wilsonsd.org](http://www.wilsonsd.org) then e-Funds Online Payments