












WILSON SCHOOL DISTRICT ELEMENTARY SCHOOLS
 CORNWALL TERRACE, GREEN VALLEY, SHILOH HILLS, SPRING RIDGE, WHITFIELD (K - 5)




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	CARB	Tuesday	CARB	Wednesday	CARB	Thursday	CARB	Friday	CARB
<u>Daily Breakfast Choices</u> Featured Entrée Bagel w/ Cream Cheese Assorted Cereal OR Poptarts w/ Yogurt OR String Cheese <u>Offered w/ Every Meal:</u> Selection of Fruit and 100% Juice Variety of Milk	Below 30/1 Below 15/1 Below Below	<u>START YOUR DAY WITH</u> 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.		<u>Meal Prices</u> 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		<u>BUILD A HEALTHY LUNCH</u> 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		<u>Lunch Daily Entrée Choices</u> Featured Hot Entrees OR Express Salads OR OR PB & Jelly + String Cheese  <u>Select 1-2 Veggies & 1-2 Fruits</u> Fresh Veggies w/ Dip + Hot Veggie Selection of Fruits & Variety of Milks	
Spring Break: School Closed									
April 2		April 3	CARB	April 4	CARB	April 5	CARB	April 6	CARB
IRON CHEF WINNERS!! Join us on Monday, April 9 Enjoy the Winning Breakfast & Winning Lunch voted on by YOU and the Community at the Iron Chef Competition! 		<u>Breakfast Select 1 Entrée</u> Tony's Breakfast Pizza 25 <u>Lunch Select 1 Entrée</u> Macaroni & Cheese w/ Gold Fish 45 Hamburger on Roll 27 <u>Select 1 Vegetable &/or 1 Fruit</u> Steamy Green Beans 4 Mixed Fruit Cup 15		<u>Breakfast Select 1 Entrée</u> Egg, Sausage & Cheese Slider 15 <u>Baseball Season Homerun Lunch</u> <u>Lunch Select 1 Entrée</u>  Beef Hot Dog on Roll 15 Hamburger on Roll 27 <u>Select 1-2 Veggies & 1 Fruit</u> BBQ Baked Beans & Popcorn Cup 37/4 Apple Slices 7		<u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf OR Banana Bread w/ Yogurt 26/44 15 <u>Lunch Select 1 Entrée</u> Breaded Chicken Patty Sandwich 34 Hamburger on Roll 27 <u>Select 1-2 Veggies & 1 Fruit</u> Honey Glazed Carrots 11.5 Sweet Strawberries 22		<u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese 15 Breakfast Slider <u>Lunch Select 1 Entrée</u> Corn Dog Bites w/ Dinner Roll 23/19 Hamburger on Roll 27 <u>Select 1-2 Veggies & 1 Fruit</u> Golden French Fries 18 Applesauce Cup 11.5	
April 9	CARB	April 10	CARB	April 11	CARB	April 12	CARB	April 13	CARB
<u>Iron Chef Breakfast #1 Winner</u> Icing Drizzled Cinnamon Roll 32 <u>Iron Chef Lunch #1 Winner</u> Walking Taco - Lettuce, Salsa, Tomato 35 Chicken Nuggets w/ Dinner Roll 30 <u>Select 1-2 Veggies & 1 Fruit</u> Zesty Baked Beans 37 Golden Pineapple 18		<u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese on Croissant 24 <u>Lunch Select 1 Entrée</u> Double Meatball Sliders 36.5 Chicken Nuggets w/ Dinner Roll 30 <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Broccoli 5 Frozen Juice Rush 27		<u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets (4 pc) 20 <u>Lunch Select 1 Entrée</u> Turkey Pierogi Pot Pie & Bread Stick 81 Chicken Nuggets w/ Dinner Roll 30 <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Peas & Carrots 8.5 Sweet Strawberries 22		<u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Yogurt 26/31 15 <u>Lunch Select 1 Entrée</u> Ocean Fish Sandwich on Roll 46 Chicken Nuggets w/ Dinner Roll 30 <u>Select 1-2 Veggies & 1 Fruit</u> Golden Corn 16 Festive Fruit Mix 25		<u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Biscuit (Egg, Sausage & Cheese) 29 <u>Lunch Select 1 Entrée</u> Pizza Buns (2) 30 Chicken Nuggets w/ Dinner Roll 30 <u>Select 1-2 Veggies & 1 Fruit</u> Sweet Potato Fries w/ Dipper 13/40 Golden Peaches 7	
April 16	CARB	April 17	CARB	April 18	CARB	April 19	CARB	April 20	CARB
<u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel 36 or Cherry Frudel 37 <u>Lunch Select 1 Entrée</u> Sloppy Joe on Roll 77 French Bread Pizza 36 <u>Select 1-2 Veggies & 1 Fruit</u> Golden Tater Tots (10 pc) 16 Chilly Pears 12 		<u>Breakfast Select 1 Entrée</u> Breakfast Pizza 25 <u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll 36 Personal Cheese Pizza 36 <u>Select 1-2 Veggies & 1 Fruit</u> BBQ Baked Beans 37 Chilly Applesauce Cup 17		<u>Breakfast Select 1 Entrée</u> Kellogg Eggo French Toast Mini's 35 <u>Lunch Select 1 Entrée</u> Meatloaf w/ Gravy, Dinner Roll 49 Breaded Cheese Sticks w/ Marinara 62 <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Green Beans 4 Chilled Mixed Fruit 14 Fresh Baked Cookie 22		<u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf w/ Yogurt 26 15 <u>Lunch Select 1 Entrée</u> Chicken Patty Sandwich 34 Cheese Calzone w/ Marinara Sauce 30 <u>Select 1-2 Veggies & 1 Fruit</u> Honey Glazed Carrots 11.5 Chilled Pineapple 18		<u>Breakfast Select 1 Entrée</u> Egg, Sausage & Cheese 19 Breakfast Slider <u>Lunch Select 1 Entrée</u> Hamburger on Roll 27 Cheese Quesadilla 40 <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Broccoli 5 Chilly Strawberries 22	

April 23	CARB	April 24	CARB	April 25	CARB	April 26	CARB	April 27	CARB
Breakfast Select 1 Entrée Icing Drizzled Cinnamon Roll 	32	Breakfast Select 1 Entrée Egg, Sausage & Cheese on Croissant	28	Breakfast Select 1 Entrée French Toast Sticks (4 pc)	20	Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt 	26/31 15	Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Sausage & Cheese)	29
Lunch Select 1 Entrée Nachos: Taco Meat/Cheese Sauce Chicken Tenders (3) & Dinner Roll	32 29	Lunch Select 1 Entrée Spaghetti & Meatballs, Garlic Bread Chicken Tenders (3) & Garlic Bread	57/16 15/16	Lunch Select 1 Entrée Pulled Pork Sandwich on Roll Chicken Tenders (3) & Dinner Roll	42 29	Lunch Select 1 Entrée Cheesy Pizza Wedge Chicken Tenders (3) & Dinner Roll	36 29	Lunch Select 1 Entrée Turkey & Cheese Mini Sub, Lettuce Chicken Tenders (3) & Dinner Roll	24.8 29
Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Chilled Fruit Mix	5 15	Select 1-2 Veggies & 1 Fruit Fresh Romaine Salad Chilled Mandarin Oranges	5 7	Select 1-2 Veggies & 1 Fruit Golden Tater Tots Chilly Applesauce Cup	16 17	Select 1-2 Veggies & 1 Fruit Steamy Green Beans Frozen Juice Rush	4 27	Select 1-2 Veggies & 1 Fruit Honey Carrots, Chips Chilled Peaches	11.5 7

April 30	CARB				CARB				CARB	
Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel	36 37	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!  			April Showers Bring May Flowers 			 Make your meal complete with Milk @ Breakfast & Lunch 1% White Milk FF Chocolate Milk FF Strawberry Milk Skim White Milk 		
Lunch Select 1 Entrée Popcorn Chicken & Roll Hamburger on Roll	15 27									
Select 1-2 Veggies & 1-2 Fruits Golden Corn & Mashed Potatoes Golden Diced Peaches	16/13 7									

	CARB		CARB		CARB		CARB		CARB
Cereal, Bowl Pack, Cheerios, Gluten Free	23	Cinnamon Brown Sugar, WG, SS	37	Apple	14	Mini Chocolate Coated Donuts, 6 count	42	Mini Loaf, Blueberry, Whole Wh, 2 oz.	26
Cereal, Cheerios, Honey Nut, Gluten Free	22	Frosted Fudge, Whole Grain, SS	38	Grape	19	Mini Powder Donuts, 6 count	45	Bread, Banana, Whole Wh. 3.4 oz.	44
Cereal, Lucky Charms, Gluten Free	19	Strawberry, Whole Grain, SS	38	Orange	14			Muffin, Blueberry	26
Cereal, Reduced Sugar Cinnamon Toast Crunch	22			1% White Milk	13			Muffin, Banana (NO NUTS)	31
Cereal, Reduced Sugar Cocoa Puffs	25			FF Chocolate Milk	22				
Cereal, Reduced Sugar Frosted Corn Flakes	24			FF Strawberry Milk	26				
Cereal, Reduced Sugar Fruit Loops	24			Skim White Milk	12				

Menu subject to change without notice.

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