





WILSON SCHOOL DISTRICT, MIDDLE SCHOOLS, Grades 6 - 8


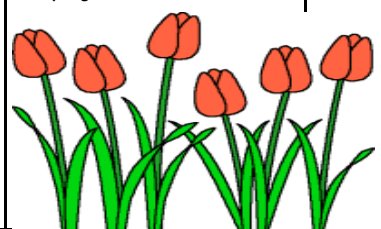
Carbohydrate Menu

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	CARB	Tuesday	CARB	Wednesday	CARB	Thursday	CARB	Friday	CARB
<u>Breakfast Select 1 Entrée</u> Featured Entrée Bagel w/ Cream Cheese Assorted Cereal OR Poptarts w/Choice of 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>DID YOU KNOW:</u> LUNCH includes five meal 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>DID YOU KNOW:</u> BREAKFAST includes 3 components: Whole Grains, Fruit & Juice, Milk. 4 Items will be offered, you must take a minimum of 3- 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>Lunch Select 1 Entrée</u> Ham & Cheese Express Salad w/Roll MS- PB & J w/ String Cheese OR PB & Jelly Sand w/Cheese & Soft Pretzel, Combo Turkey&Cheese Express Salad w/Roll Fresh Veggies NO Dip Fresh Veggies w/ Dip Selection of Fruits Variety of Milk	28.4 54 51 37.5 3.7 4 15 !!
	CARB		CARB		CARB	March 1	CARB	March 2	CARB
		Celebrate School Breakfast Week March 5 - 9 Let your inner emoji SHINE when you eat a healthy breakfast!				<u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf OR Banana Bread w/ Yogurt <u>Lunch Select 1 Entrée</u> Oven Breaded Baked Chicken/Dinner Roll Hamburger on Roll <u>Select 1-2 Veggies & 1 Fruit</u> Honey Glazed Carrots Sweet Strawberries	26/44 15 0/19 27 11.5 22	<u>Breakfast Select 1 Entrée</u> Egg, Ham & Cheese Breakfast Slider <u>Happy Birthday Dr. Seuss</u> Corn Dogs w/ Dinner Roll Hamburger on Roll <u>Select 1-2 Veggies & 1 Fruit</u> French Fries Applesauce Cup	16 23/19 27 18 11.5
March 5	CARB	March 6	CARB	March 7	CARB	March 8	CARB	March 9	CARB
<u>Breakfast Select 1 Entrée</u> Pillsbury Mini Cinni Buns <u>Lunch Select 1 Entrée</u> Walking Taco - Lettuce, Salsa, Tomato Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies & 1 Fruit</u> Zesty Baked Beans Golden Pineapple	40 35 34 37 18	<u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese on Croissant <u>Lunch Select 1 Entrée</u> Meatball Slider Sandwich/Sauce Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Broccoli Frozen Juice Rush	24 36.5 30 5 27	<u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets (4 pc) <u>Lunch Select 1 Entrée</u> Turkey Pierogi Pot Pie w/ Bread Stick Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies &/or 1 Fruit</u> Steamy Peas & Carrots Sweet Strawberries	20 81 30 8.5 22	<u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Yogurt <u>Lunch Select 1 Entrée</u> Moe's Joey Jr. Burrito, Chips, Salsa Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies &/or 1 Fruit</u> Golden Corn Festive Fruit Mix	26/31 15 70 30 16 25	<u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Biscuit (Egg, Bacon & Cheese) <u>Lunch Select 1 Entrée</u> Grilled Cheese Sandwich Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies &/or 1 Fruit</u> Creamy Tomato Soup (6 oz.) Golden Peaches	29 23 30 14 7
March 12	CARB	March 13	CARB	March 14	CARB	March 15	CARB	March 16	CARB
<u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel or Cherry Frudel <u>Lunch Select 1 Entrée</u> Sloppy Joe on Roll Or French Bread Pizza <u>Select 1 Vegetable &/or 1 Fruit</u> Golden Tater Tots (10 pc) Chilly Pears	36 37 77 36 16 12	<u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Minis <u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll Or Personal Cheese Pizza <u>Select 1-2 Veggies &/or 1 Fruit</u> BBQ Baked Beans Golden Pineapple	35 36 36 37 18	<u>Breakfast Select 1 Entrée</u> Breakfast Pizza (Egg, Bacon, Cheese) <u>Lunch Select 1 Entrée</u> French Toast Sticks, Sausage Breaded Cheese Sticks w/ Marinara <u>Select 1-2 Veggies &/or 1 Fruit</u> Steamy Green Beans Chilled Mixed Fruit	25 38/0 36 4 14	<u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf OR Banana Bread w/ Yogurt <u>Lunch Select 1 Entrée</u> Chicken Patty Sandwich Cheese Calzone w/ Marinara Sauce <u>Select 1-2 Veggies & 1 Fruit</u> Honey Glazed Carrots Golden Peaches	26/44 15 34 30 11.5 7	<u>Breakfast Select 1 Entrée</u> French Toast Sticks (3) Pancake Syrup, 1 oz. <u>Lunch Select 1 Entrée</u> Hamburger on Round Roll OR Cheese Quesadilla <u>Select 1-2 Veggies &/or 1 Fruit</u> Wear'n of the Green Broccoli Shamrock Ice Cream & Berries	28.5 31 27 40 5 14/22

March 19	CARB	March 20	CARB	March 21	CARB	March 22	CARB	March 23	CARB
<u>Breakfast Select 1 Entrée</u> Hadley Farms Cinnamon Roll	32	<u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese Croissant	28	<u>Breakfast Select 1 Entrée</u> French Toast Sticks (4 pc)	20	<u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Yogurt	26/31 15	<u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Biscuit (Egg, Bacon & Cheese)	29
<u>Lunch Select 1 Entrée</u> Nachos: Taco Meat/Cheese Sauce	32	<u>Lunch Select 1 Entrée</u> Cheesy Penne Pasta w/ Meat sauce	46	<u>Lunch Select 1 Entrée</u> Meatloaf w/ Gravy & Roll	49	<u>Lunch Select 1 Entrée</u> Subway Sandwiches & Chips	47/19	<u>EARLY DISMISSAL, NO LUNCH</u>	
Chicken Tenders & Dinner Roll	29	Chicken Tenders	16	Chicken Tenders (2) & Dinner Roll	29	Chicken Tenders (2) & Dinner Roll	29		
<u>Select 1-2 Veggies &/or 1 Fruit</u> Zesty Baked Beans	5	<u>Select 1-2 Veggies &/or 1 Fruit</u> Fresh Romaine Salad	5	<u>Select 1-2 Veggies & 1 Fruit</u> Mashed Potatoes, Honey Carrots	13/40	<u>Select 1-2 Veggies & 1 Fruit</u> Steamy Green Beans	4		
Chilled Fruit Mix	15	Chilled Mandarin Oranges	7	Chilly Applesauce Cup	17	Frozen Juice Rush	27		
March 26	CARB	March 27	CARB	March 28	CARB	March 29	CARB	March 30	CARB
<u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel or Cherry Frudel	36 37	<u>Breakfast Select 1 Entrée</u> Tony's Breakfast Pizza (Bacon Egg Scramble)	25	<u>Breakfast Select 1 Entrée</u> Mini Pancakes	35	<u>Breakfast Select 1 Entrée</u> Egg, Sausage & Cheese Breakfast Slider	19		
<u>Lunch Select 1 Entrée</u> Popcorn Chicken w/ Dinner Roll	15	<u>Lunch Select 1 Entrée</u> Macaroni & Cheese w/ Gold Fish	45	<u>Lunch Select 1 Entrée</u> Fish Sticks & Roll	37	<u>Lunch Select 1 Entrée</u> Chicken Patty Sandwich	34		
Hamburger on Roll	27	Hamburger on Roll	27	Hamburger on Roll	27	Hamburger on Roll	27		
<u>Select 1-2 Veggies & 1 Fruit</u> Fluffy Whipped Potatoes, Green Beans	13/4	<u>Select 1 Vegetable &/or 1 Fruit</u> Steamy Broccoli	4	<u>Select 1-2 Veggies & 1 Fruit</u> Honey Carrots	4	<u>Select 1-2 Veggies & 1 Fruit</u> Golden French Fries	18		
Golden Diced Peaches	7	Golden Pineapple	11.5	Festive Mixed Fruit	25	Sweet Strawberries	22		
Cereals	CARB	PopTarts	CARB	100% Fruit Juice & Milk	CARB	Donuts	CARB	Mini Loaf/Sliced Banana Bread	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.

Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments