



WILSON SCHOOL DISTRICT, HIGH SCHOOLS, Grades 9 - 12


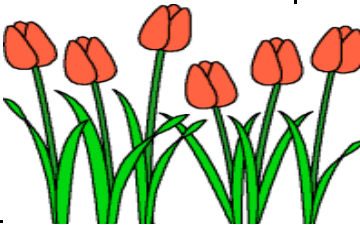
Carbohydrate Menu

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: LUNCH</u> 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: BREAKFAST</u> 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> Create Your Own Salad Bar Yogurt w/ Bagel & Cream Cheese  Fresh Veggies NO Dip Fresh Veggies w/ Dip Selection of Fruits Variety of Milk	22 - 32 60  3.7 4 15 !!
	CARB		CARB		CARB	March 1	CARB	March 2	CARB
		<u>Celebrate School Breakfast Week</u> March 5 - 6  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> French Toast Sticks & Sausages Assorted Pizzas  <u>Select 1-2 Veggies &amp; 1 Fruit</u> Golden Potatoes Sweet Strawberries	26/44 15  38/0 27 - 36  18 22	<u>Breakfast Select 1 Entrée</u> Egg, Ham & Cheese Breakfast Slider  <u>Lunch Select 1 Entrée</u> Corn Dogs w/ Dinner Roll Assorted Pizzas  <u>Select 1-2 Veggies &amp; 1 Fruit</u> Honey Carrots Applesauce Cup	16  23/19 27 - 36  11.5 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	40	<u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese on Croissant	24	<u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets (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> Walking Taco - Lettuce, Salsa, Tomato Breaded Chicken Sandwich- Reg or Spicy	35 26	<u>Lunch Select 1 Entrée</u> Meatball Slider Sandwich/Sauce Breaded Chicken Sandwich- Reg or Spicy	43 26	<u>Lunch Select 1 Entrée</u> Turkey Pierogi Pot Pie w/ Bread Stick Breaded Chicken Sandwich- Reg or Spicy	81 26	<u>Lunch Select 1 Entrée</u> Subway Sandwiches & Chips Breaded Chicken Sandwich- Reg or Spicy	47/19 26	<u>Lunch Select 1 Entrée</u> Grilled Cheese Sandwich Breaded Chicken Sandwich- Reg or Spicy	23 26
<u>Select 1-2 Veggies &amp; 1 Fruit</u> Zesty Baked Beans Golden Pineapple	37 18	<u>Select 1-2 Veggies &amp; 1 Fruit</u> Steamy Broccoli Frozen Juice Rush	5 27	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Peas & Carrots Sweet Strawberries	8.5 22	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Golden Corn Festive Fruit Mix	16 25	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Creamy Tomato Soup (6 oz.) Golden Peaches	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	36 37	<u>Breakfast Select 1 Entrée</u> Kellogg's Eggo French Toast Minis	35	<u>Breakfast Select 1 Entrée</u> Breakfast Pizza (Egg, Bacon, Cheese)	25	<u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf OR Banana Bread w/ Yogurt	26/44 15	<u>Breakfast Select 1 Entrée</u> French Toast Sticks (3) Pancake Syrup, 1 oz.	28.5 31
<u>Lunch Select 1 Entrée</u> Sloppy Joe on Roll Cheese Calzone w/ Marinara Sauce	77 30	<u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll Cheese Calzone w/ Marinara Sauce	32 30	<u>Lunch Select 1 Entrée</u> Hot Roast Beef Sandwich w/ Gravy Cheese Calzone w/ Marinara Sauce	33 30	<u>Lunch Select 1 Entrée</u> Breaded Chicken Sandwich- Reg or Spicy Cheese Calzone w/ Marinara Sauce	26 30	<u>Lunch Select 1 Entrée</u> Pot ' O Gold Mini Corn Dogs w/ Roll Cheese Calzone w/ Marinara Sauce	23/19 30
<u>Select 1 Vegetable &amp;/or 1 Fruit</u> Golden Tater Tots (10 pc) Chilly Pears	16 12	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> BBQ Baked Beans Golden Pineapple	37 18	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Steamy Green Beans Chilled Mixed Fruit	4 14	<u>Select 1-2 Veggies &amp; 1 Fruit</u> Honey Glazed Carrots Golden Peaches	11.5 7	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Wear'n of the Green Broccoli Shamrock Ice Cream & Berries	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> Cheese Quesadilla Hamburger or Cheeseburger on Roll	40 27/28	<u>Lunch Select 1 Entrée</u> Chicken Alfredo Penne w/ Garlic Toast Hamburger or Cheeseburger on Roll	54 27/28	<u>Lunch Select 1 Entrée</u> Cuban Sandwich on Ciabatta Hamburger or Cheeseburger on Roll	50 27/28	<u>Lunch Select 1 Entrée</u> Moe's Joey Jr. Burrito, Chips, Salsa Hamburger or Cheeseburger on Roll	70 27/28	<u>EARLY DISMISSAL, NO LUNCH</u> 	
<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Zesty Baked Beans Chilled Fruit Mix	5 15	<u>Select 1-2 Veggies &amp;/or 1 Fruit</u> Fresh Romaine Salad Chilled Mandarin Oranges	5 7	<u>Select 1-2 Veggies &amp; 1 Fruit</u> Seasoned Curly Fries Chilly Applesauce Cup	18 17	<u>Select 1-2 Veggies &amp; 1 Fruit</u> Steamy Green Beans Frozen Juice Rush	4 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	Spring Break - School Closed 	
<u>Lunch Select 1 Entrée</u> Breaded Baked Chicken w/ Dinner Roll Assorted Pizzas	15 27 - 36	<u>Lunch Select 1 Entrée</u> Meatloaf w/ Buttered Noodles Assorted Pizzas	45 27 - 36	<u>Lunch Select 1 Entrée</u> Popcorn Chicken Rice Bowl w/Sauces Assorted Pizzas	14/19/6 27 - 36	<u>Lunch Select 1 Entrée</u> Macaroni & Cheese w/ Roll Assorted Pizzas	45 27 - 36		
<u>Select 1-2 Veggies &amp; 1 Fruit</u> Fluffy Whipped Potatoes, Golden Corn Golden Diced Peaches	13/16 7	<u>Select 1 Vegetable &amp;/or 1 Fruit</u> Steamy Broccoli Golden Pineapple	4 11.5	<u>Select 1-2 Veggies &amp; 1 Fruit</u> Steamy Carrots Sweet Strawberries	4 22	<u>Select 1-2 Veggies &amp; 1 Fruit</u> Golden French Fries Festive Fruit Mix	18 25		
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](http://www.wilsonsd.org) Go to: e-Funds Online Payments