

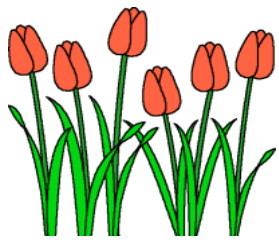




WILSON SCHOOL DISTRICT  
SOUTHERN & WEST MIDDLE SCHOOL (GRADES 6 - 8)

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	Tuesday	Wednesday	Thursday	Friday
<p><b>Daily Breakfast Choices</b> Featured Entrée Bagel w/ Cream Cheese Assorted Cereal <b>OR</b> Poptarts w/ Yogurt <b>OR</b> String Cheese</p> <p><b>Offered w/ Every Meal:</b> Selection of Fruit and 100% Juice Variety of Milk</p>	<p><b>BUILD A HEALTHY LUNCH</b> 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.</p>	<p><b>START YOUR DAY WITH BREAKFAST</b> includes 3 components: Whole Grains, Fruit &amp; 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><b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 ----- Reduced Breakfast \$0.30 Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$0.40</p>	<p><b>Lunch Daily Entrée Choices</b> Featured Hot Entrees <b>OR</b> Assorted Cold Sandwiches <b>OR</b> Express Salads <b>OR</b> PB &amp; Jelly + String Cheese</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Veggies w/ Dip &amp; Hot Veggie Selection of Fruits &amp; Variety of Milks</p>
	<p><b>Celebrate School Breakfast Week</b> March 5 - 9</p> <p>Let your inner emoji SHINE when you eat a healthy breakfast!</p> 		<p><b>March 1</b> <b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf <b>OR</b> Banana Bread w/ Yogurt <b>Lunch Select 1 Entrée</b> Breaded Baked Chicken w/ Roll Hamburger on Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Glazed Carrots Sweet Strawberries</p>	<p><b>March 2</b> <b>Breakfast Select 1 Entrée</b> Egg, Ham &amp; Cheese Breakfast Slider <b>Lunch Select 1 Entrée</b> Corn Dog Bites w/ Dinner Roll Hamburger on Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden French Fries Applesauce Cup</p>
<p><b>March 5</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Mini Cinni Buns <b>Lunch Select 1 Entrée</b> Walking Taco - Lettuce, Salsa, Tomato Chicken Nuggets w/ Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Zesty Baked Beans Golden Pineapple</p>	<p><b>March 13</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on Croissant <b>Lunch Select 1 Entrée</b> Double Meatball Sliders Chicken Nuggets w/ Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Frozen Juice Rush</p>	<p><b>March 7</b> <b>Breakfast Select 1 Entrée</b> Maple Pancake Sausage Nuggets (4 pc) <b>Lunch Select 1 Entrée</b> Turkey Pierogi Pot Pie &amp; Bread Stick Chicken Nuggets w/ Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Peas &amp; Carrots Sweet Strawberries</p>	<p><b>March 8</b> <b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin w/ Yogurt <b>Lunch Select 1 Entrée</b> <b>Moe's Joey Jr. Burrito, Chips/Salsa</b> Chicken Nuggets w/ Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Corn Festive Fruit Mix</p>	<p><b>March 9</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Biscuit (Egg, Bacon &amp; Cheese) <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich Chicken Nuggets w/ Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Creamy Tomato Soup (8 oz.) Golden Peaches</p>
<p><b>March 12</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 Fruit</b> Golden Tater Tots (10 pc) Chilly Pears</p>	<p><b>March 14</b> <b>Breakfast Select 1 Entrée</b> Kellogg Eggo French Toast Mini's <b>Brunch Lunch Select 1 Entrée</b> French Toast Sticks (4 pc) w/ Sausage Breaded Cheese Sticks w/ Marinara <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Green Beans Chilled Mixed Fruit</p>	<p><b>March 15</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 Fruit</b> Honey Glazed Carrots Chilled Peaches</p>	<p><b>March 17</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage &amp; Cheese Breakfast Slider <b>Lunch Select 1 Entrée</b> Hamburger on Roll Cheese Quesadilla <b>Select 1-2 Veggies &amp; 1 Fruit</b> Wear'n of the Green Broccoli Shamrock Ice Cream &amp; Berries</p>	
<p><b>March 19</b> <b>Breakfast Select 1 Entrée</b> Icing Drizzled Cinnamon Roll <b>Lunch Select 1 Entrée</b> Nachos: Taco Meat/Cheese Sauce Chicken Tenders (3) &amp; Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Zesty Baked Beans Chilled Fruit Mix</p>	<p><b>March 20. Welcome Spring!</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on Croissant <b>Lunch Select 1 Entrée</b> Penne Pasta W/ Meat Sauce/Garlic Bread Chicken Tenders (3) &amp; Garlic Bread <b>Select 1-2 Veggies &amp; 1 Fruit</b> Fresh Romaine Salad Chilled Mandarin Oranges</p>	<p><b>March 21</b> <b>Breakfast Select 1 Entrée</b> French Toast Sticks (4 pc) <b>Lunch Select 1 Entrée</b> Meatloaf w/ Gravy &amp; 2 Rolls Chicken Tenders (3) &amp; Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Mashed Potatoes, Honey Carrots Chilly Applesauce Cup</p>	<p><b>March 22</b> <b>Breakfast Select 1 Entrée</b> Blueberry or Banana Muffin w/ Yogurt <b>Lunch Select 1 Entrée</b> <b>Variety of Subway Sandwiches &amp; Chips</b> Chicken Tenders (3) &amp; Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Green Beans Frozen Juice Rush</p>	<p><b>March 23</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Biscuit (Egg, Bacon &amp; Cheese) <b>EARLY DISMISSAL, NO LUNCH</b></p> 
<p><b>March 26</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 on Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Corn &amp; Mashed Potatoes Golden Diced Peaches</p>	<p><b>March 27</b> <b>Breakfast Select 1 Entrée</b> Breakfast Pizza <b>Lunch Select 1 Entrée</b> Macaroni &amp; Cheese w/ Gold Fish Hamburger on Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Golden Pineapple</p>	<p><b>March 28</b> <b>Breakfast Select 1 Entrée</b> Mini Pancakes w/ Syrup <b>Lunch Select 1 Entrée</b> Fish Sticks &amp; Roll Hamburger on Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden French Fries Festive Mixed Fruit</p>	<p><b>March 29</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage &amp; Cheese Breakfast Slider <b>Lunch Select 1 Entrée</b> Chicken Patty Sandwich Hamburger on Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Carrots Sweet Strawberries</p>	<p><b>March 30</b> Spring Break - School Closed</p>  <p><b>Select Milk @ Breakfast &amp; Lunch</b> 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](http://www.wilsonsd.org) then e-Funds Online Payments