

WILSON SCHOOL DISTRICT  
UPPER HOUSE & LOWER HOUSE HIGH SCHOOL

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 <u>OR</u> Poptarts w/ Yogurt <u>OR</u> 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 \$3.30</p> <hr/> <p>Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$4.40</p>	<p><b>Lunch Daily Entrée Choices</b> Featured Hot Entrees <u>OR</u> Assorted Cold Sandwiches <u>OR</u> Create Your Own Salad Bar <u>OR</u> Yogurt w/ Bagel &amp; Cream Cheese <u>OR</u> Assort Cereal w/ 8 oz. Yogurt <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>Purchase a Breakfast Meal</b> Enjoy a FREE Cup of <b>WAWA Coffee!!</b> <i>French Vanilla, Hazelnut, Regular</i></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>Daily Vegetarian Entrées</b> Daily: Yogurt, Fruit &amp; Granola Parfait <b>Mon-</b> Black Bean Burger on Roll <b>Tue-</b> Cheesy Pizza <b>Wed-</b> Bean &amp; Cheese Burrito <b>Thu-</b> Cheese Quesadilla <b>Fri-</b> Breaded Cheese Sticks</p> 	<p><b>March 1</b> <b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf w/ Yogurt <b>Brunch Lunch</b> French Toast Sticks &amp; Sausages Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Potatoes Sweet Strawberries</p> 	<p><b>March 2</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage &amp; Cheese Breakfast Slider <b>Lunch Select 1 Entrée</b> Buffalo Chicken Cheese Dip/Nachos Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Honey Carrots Chilly Applesauce</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 Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</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 Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Broccoli Frozen Juice Rush</p>	<p><b>March 7</b> <b>Breakfast Select 1 Entrée</b> Maple Pancake Sausage Nuggets <b>Lunch Select 1 Entrée</b> Turkey Pierogi Pot Pie &amp; Bread Stick Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</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> <i>Variety of Subway Sandwiches &amp; Chips</i> Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</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 Breaded Chicken Sand- Reg. or Spicy <b>Select 1-2 Veggies &amp; 1-2 Fruits</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 Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Tater Tots (10 pc) Chilly Pears</p>	<p><b>March 14</b> <b>Breakfast Select 1 Entrée</b> Breakfast Pizza <b>Lunch Select 1 Entrée</b> Philly Cheesesteak on Roll Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> BBQ Baked Beans Chilly Applesauce Cup</p>	<p><b>March 14</b> <b>Breakfast Select 1 Entrée</b> Kellogg Eggo French Toast Mini's <b>Lunch Select 1 Entrée</b> Breaded Cheese Sticks w/ Marinara Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Green Beans Chilled Mixed Fruit</p> 	<p><b>March 15 - National Pi Day</b> <b>Breakfast Select 1 Entrée</b> Mini Breakfast Loaf w/ Yogurt <b>Lunch Select 1 Entrée</b> Hot Roast Beef Sandwich w/ Gravy Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Whipped Potatoes, Steamy Carrots Fruit PI ...</p>	<p><b>March 17 - Lucky Leprechaun</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage &amp; Cheese Breakfast Slider <b>Lunch Select 1 Entrée</b> Pot of Gold Mini Corn Dogs Cheese Calzone w/ Marinara Sauce <b>Select 1-2 Veggies &amp; 1-2 Fruits</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> Cheese Quesadilla Hamburger or Cheeseburger/Roll <b>Select 1-2 Veggies &amp;/or 1 Fruit</b> Steamy Green 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> Chicken Alfredo Penne/Garlic Toast Beef Rib-B-Que on Club Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</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> <b>**NEW** Cuban Sandwich on Ciabatta (Ham, Pork, Provolone, Pickle)</b> Hamburger or Cheeseburger/Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</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> <i>Moe's Joey Jr. Burrito, Chips/Salsa</i> Beef Rib-B-Que on Club Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Zesty Baked 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/ Dinner Roll Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</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> Meatloaf w/ Buttered Noodles Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Steamy Broccoli Golden Pineapple</p> 	<p><b>March 28</b> <b>Breakfast Select 1 Entrée</b> Mini Pancakes <b>Lunch Select 1 Entrée</b> Popcorn Chicken Rice Bowl w/ Sauces Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Sliced Carrots Sweet Strawberries</p>	<p><b>March 29</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage &amp; Cheese Breakfast Slider <b>Lunch Select 1 Entrée</b> Macaroni &amp; Cheese, Dinner Roll Assorted Pizzas <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Stewed Tomatoes Festive Mixed Fruit</p> 	<p><b>March 30</b> Spring Break - School Closed</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