

WILSON SCHOOL DISTRICT
ELEMENTARY & MIDDLE 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>Daily Breakfast Choices Featured Entrée String Cheese w/ GF Cereal</p>  <p>Offered w/ Every Meal: Selection of Fruit and 100% Juice Variety of Milk</p>	<p>BUILD A HEALTHY LUNCH 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>START YOUR DAY WITH 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.</p>	<p>Meal Prices 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</p>	<p>Lunch Daily Entrée Choices OR Express Salads w/ GF Bread or Roll</p>  <p>Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks</p>
	<p>Celebrate School Breakfast Week March 5 - 9 Let your inner emoji SHINE when you eat a healthy breakfast!</p> 	 <p>March 2nd- Celebrate Dr. Seuss Birthday!</p>	<p>March 1 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Grilled Chicken Patty on GF Roll Select 1-2 Veggies & 1 Fruit Honey Glazed Carrots Sweet Strawberries</p>	<p>March 2 Breakfast Select 1 Entrée Scrambled Egg Patty & GF Roll Lunch Select 1 Entrée Hamburger on GF Roll Select 1-2 Veggies & 1 Fruit Crunchy Carrots Applesauce Cup</p>
<p>March 5 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Grilled Chicken on GF Roll Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Golden Pineapple</p>	<p>March 6 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll Lunch Select 1 Entrée GF Meatballs in Marinara Sauce Select 1-2 Veggies & 1 Fruit Steamy Broccoli Frozen Juice Rush</p> 	<p>March 7 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Hamburger on GF Roll Select 1-2 Veggies & 1 Fruit Steamy Peas & Carrots Sweet Strawberries</p>	<p>March 8 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll Select 1-2 Veggies & 1 Fruit Golden Corn Festive Fruit Mix</p> 	<p>March 9 Breakfast Select 1 Entrée Ham, Egg & Cheese on GF Roll Lunch Select 1 Entrée Grilled Cheese on GF Bread Select 1-2 Veggies & 1 Fruit Steamy Carrot Coins Golden Peaches</p>
<p>March 12 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Sloppy Joe on Roll Select 1-2 Veggies & 1 Fruit Golden Tater Tots (10 pc) Chilly Pears</p>	<p>March 13 Breakfast Select 1 Entrée Ham, Egg & Cheese on GF Roll Lunch Select 1 Entrée Philly Steak/GF Roll Select 1-2 Veggies & 1 Fruit BBQ Baked Beans Chilly Applesauce Cup</p>	<p>March 14 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Berks Hot Dog on GF Roll Select 1-2 Veggies & 1 Fruit Steamy Green Beans Chilled Mixed Fruit</p> 	<p>March 15 Breakfast Select 1 Entrée Egg Patty w/ GF Roll Lunch Select 1 Entrée Grilled Chicken Patty on GF Roll Select 1-2 Veggies & 1 Fruit Honey Glazed Carrots Chilled Peaches</p>	<p>Lucky Leprechaun, March 17 Breakfast Select 1 Entrée Egg Patty w/ GF Toast Lunch Select 1 Entrée Hamburger on GF Roll Select 1-2 Veggies & 1 Fruit Wear'n of the Green Broccoli Shamrock Ice Cream & Berries</p>
<p>March 19 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée GF Seasoned Beef w Grated Cheese Corn Nacho Chips Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Chilled Fruit Mix</p>	<p>March 20...Welcome Spring! Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll Lunch Select 1 Entrée GF Pasta w/ Meat Sauce Select 1-2 Veggies & 1 Fruit Fresh Romaine Salad Chilled Mandarin Oranges</p> 	<p>March 21 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Grilled Chicken Tenders, GF roll Select 1-2 Veggies & 1 Fruit Mashed Potatoes, Honey Carrots Chilly Applesauce Cup</p>	<p>March 22 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée GF Meatballs in sauce on GF Roll Select 1-2 Veggies & 1 Fruit Steamy Green Beans Frozen Juice Rush</p>	<p>March 23 Breakfast Select 1 Entrée Ham, Egg & Cheese on GF Roll EARLY DISMISSAL, NO LUNCH</p> 
<p>March 26 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Berks Beef Hot Dog on Roll Select 1-2 Veggies & 1 Fruit Fluffy Whipped Potatoes, Green Beans Golden Diced Peaches</p>	<p>March 27 Breakfast Select 1 Entrée Ham, Egg & Cheese on GF Roll Lunch Select 1 Entrée Hamburger on GF Roll Select 1-2 Veggies & 1 Fruit Steamy Broccoli Golden Pineapple</p>	<p>March 28 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée GF Meatballs in Sauce, GF Roll Select 1-2 Veggies & 1 Fruit Honey Carrots Festive Mixed Fruit</p>	<p>March 29 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Grilled Chicken Patty on Roll Select 1-2 Veggies & 1 Fruit Steamy Broccoli & Cauliflower Sweet Strawberries</p>	<p>March 30 Spring Break - School Closed</p>   <p>Select Milk @ Breakfast & Lunch 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 then e-Funds Online Payments