



WILSON SCHOOL DISTRICT ELEMENTARY SCHOOLS
 CORNWALL TERRACE, GREEN VALLEY, SHILOH HILLS, SPRING RIDGE, WHITFIELD (K - 5)








Contact the Food Service Office for questions and concerns: 610-670-0180 x 1148



APRIL 2018

We are an equal opportunity provider and employer!

Monday	CARB	Tuesday	CARB	Wednesday	CARB	Thursday	CARB	Friday	CARB
<u>Daily Breakfast Choices</u> Featured Entrée Bagel w/ Cream Cheese Assorted Cereal <u>OR</u> Poptarts w/ Yogurt <u>OR</u> 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>START YOUR DAY WITH</u> 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.		<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>BUILD A HEALTHY LUNCH</u> 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		<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	28.4 54 51 37.5 3.7 4 15
<u>Spring Break: School Closed</u>									
April 2		April 3	CARB	April 4	CARB	April 5	CARB	April 6	CARB
IRON CHEF WINNERS!! Join us on Monday, April 9 Enjoy the Winning Breakfast & Winning Lunch voted on by YOU and the Community at the Iron Chef Competition!		<u>Breakfast Select 1 Entrée</u> Tony's Breakfast Pizza <u>Lunch Select 1 Entrée</u> Macaroni & Cheese w/ Gold Fish Hamburger on Roll <u>Select 1 Vegetable &/or 1 Fruit</u> Steamy Green Beans Mixed Fruit Cup	25 45 27 4 15	<u>Breakfast Select 1 Entrée</u> Egg, Sausage & Cheese Slider <u>Baseball Season Homerun Lunch</u> <u>Lunch Select 1 Entrée</u> Beef Hot Dog on Roll Hamburger on Roll <u>Select 1-2 Veggies & 1 Fruit</u> BBQ Baked Beans & Popcorn Cup Apple Slices	15 15 27 37/4 7	<u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf OR Banana Bread w/ Yogurt <u>Lunch Select 1 Entrée</u> Breaded Chicken Patty Sandwich Hamburger on Roll <u>Select 1-2 Veggies & 1 Fruit</u> Honey Glazed Carrots Sweet Strawberries	26/44 15 34 27 11.5 22	<u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese Breakfast Slider <u>Lunch Select 1 Entrée</u> Corn Dog Bites w/ Dinner Roll Hamburger on Roll <u>Select 1-2 Veggies & 1 Fruit</u> Golden French Fries Applesauce Cup	15 23/19 27 18 11.5
April 9	CARB	April 10	CARB	April 11	CARB	April 12	CARB	April 13	CARB
<u>Iron Chef Breakfast #1 Winner</u> Icing Drizzled Cinnamon Roll <u>Iron Chef Lunch #1 Winner</u> Walking Taco - Lettuce, Salsa, Tomato Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies & 1 Fruit</u> Zesty Baked Beans Golden Pineapple	32 35 17/13 37 18	<u>Breakfast Select 1 Entrée</u> Egg, Bacon & Cheese on Croissant <u>Lunch Select 1 Entrée</u> Double Meatball Sliders Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Broccoli Frozen Juice Rush	24 36.5 17/13 5 27	<u>Breakfast Select 1 Entrée</u> Maple Pancake Sausage Nuggets (4 pc) <u>Lunch Select 1 Entrée</u> Turkey Pierogi Pot Pie & Bread Stick Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Peas & Carrots Sweet Strawberries	20 81 17/13 8.5 22	<u>Breakfast Select 1 Entrée</u> Blueberry or Banana Muffin w/ Yogurt <u>Lunch Select 1 Entrée</u> Ocean Fish Sandwich on Roll Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies & 1 Fruit</u> Golden Corn Festive Fruit Mix	26/31 15 46 17/13 16 25	<u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Biscuit (Egg, Sausage & Cheese) <u>Lunch Select 1 Entrée</u> Pizza Buns (2) Chicken Nuggets w/ Dinner Roll <u>Select 1-2 Veggies & 1 Fruit</u> Sweet Potato Fries w/ Dipper Golden Peaches	29 30 17/13 13/40 7
April 16	CARB	April 17	CARB	April 18	CARB	April 19	CARB	April 20	CARB
<u>Breakfast Select 1 Entrée</u> Pillsbury Apple Frudel or Cherry Frudel <u>Lunch Select 1 Entrée</u> Sloppy Joe on Roll French Bread Pizza <u>Select 1-2 Veggies & 1 Fruit</u> Golden Tater Tots (10 pc) Chilly Pears	36 37 77 36 16 12	<u>Breakfast Select 1 Entrée</u> Breakfast Pizza <u>Lunch Select 1 Entrée</u> Philly Cheesesteak on Roll Personal Cheese Pizza <u>Select 1-2 Veggies & 1 Fruit</u> BBQ Baked Beans Chilly Applesauce Cup	25 36 36 37 17	<u>Breakfast Select 1 Entrée</u> Kellogg Eggo French Toast Mini's <u>Lunch Select 1 Entrée</u> Meatloaf w/ Gravy, Dinner Roll Breaded Cheese Sticks w/ Marinara <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Green Beans Chilled Mixed Fruit Fresh Baked Cookie	35 49 62 4 14 22	<u>Breakfast Select 1 Entrée</u> Mini Breakfast Loaf 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 Chilled Pineapple	26 15 34 30 11.5 18	<u>Breakfast Select 1 Entrée</u> Egg, Sausage & Cheese Breakfast Slider <u>Lunch Select 1 Entrée</u> Hamburger on Roll Cheese Quesadilla <u>Select 1-2 Veggies & 1 Fruit</u> Steamy Broccoli Chilly Strawberries	19 27 40 5 22

April 23	CARB	April 24	CARB	April 25	CARB	April 26	CARB	April 27	CARB
Breakfast Select 1 Entrée Icing Drizzled Cinnamon Roll 	32	Breakfast Select 1 Entrée Egg, Sausage & Cheese on Croissant	28	Breakfast Select 1 Entrée French Toast Sticks (4 pc)	20	Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt 	26/31 15	Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Sausage & Cheese)	29
Lunch Select 1 Entrée Nachos: Taco Meat/Cheese Sauce Chicken Tenders (3) & Dinner Roll	32 16/13	Lunch Select 1 Entrée Spaghetti & Meatballs, Garlic Bread Chicken Tenders (3) & Garlic Bread	57/16 16/16	Lunch Select 1 Entrée Pulled Pork Sandwich on Roll Chicken Tenders (3) & Dinner Roll	42 17/13	Lunch Select 1 Entrée Cheesy Pizza Wedge Chicken Tenders (3) & Dinner Roll	36 17/13	Lunch Select 1 Entrée Turkey & Cheese Mini Sub, Lettuce Chicken Tenders (3) & Dinner Roll	24.8 17/13
Select 1-2 Veggies & 1 Fruit Zesty Baked Beans Chilled Fruit Mix	5 15	Select 1-2 Veggies & 1 Fruit Fresh Romaine Salad Chilled Mandarin Oranges	5 7	Select 1-2 Veggies & 1 Fruit Golden Tater Tots Chilly Applesauce Cup	16 17	Select 1-2 Veggies & 1 Fruit Steamy Green Beans Frozen Juice Rush	4 27	Select 1-2 Veggies & 1 Fruit Honey Carrots, Chips Chilled Peaches	11.5 7
April 30	CARB								
Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel	36 37	EARTH DAY, April 22 Help keep our earth safe! Get outside and enjoy the beauty of nature!		April Showers Bring May Flowers  		Make your meal complete with Milk @ Breakfast & Lunch 			
Lunch Select 1 Entrée Popcorn Chicken & Roll Hamburger on Roll	17/13 27	When you go for a hike take a bag and pick-up any trash you find!				1% White Milk	13		
Select 1-2 Veggies & 1-2 Fruits Golden Corn & Mashed Potatoes Golden Diced Peaches	16/13 7	Save Your environment, Save Your World!				FF Chocolate Milk	22		
						FF Strawberry Milk	26		
						Skim White Milk	12		
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 Cru	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.					To Deposit money into your child's account go to www.wilsonsd.org then e-Funds Online Payments				