



WILSON SCHOOL DISTRICT
LOWER & UPPER HOUSES HIGH SCHOOL (GRADES 9 - 12)






APRIL 2018

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

We are an equal opportunity provider and employer!

Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
Daily Breakfast Choices - Free Coffee		JUMP START WITH BREAKFAST		Meal Prices		BUILD A HEALTHY LUNCH		Lunch Select 1 Entrée	
Bagel w/ Cream Cheese	30/1	Includes these 3 components:		Elementary Breakfast \$1.85		Includes these 5 Components:		Create Your Own Salad Bar	22 - 32
Assorted Cereal OR Poptarts	Below	Whole Grains, Fruit & Juice, Milk.		Middle School Breakfast \$2.05		Meat/Meat Alternate, Whole Grains,		Yogurt w/ Bagel & Cream Cheese	60
w/ Yogurt OR String Cheese	15/1	You must take a minimum of three		High School Breakfast \$2.25		Vegetables, Fruit and Milk. You must take		Lunch- Yogurt Parfaits	NEW
Breakfast Yogurt Parfaits	NEW	food items for a meal. One item		Reduced Breakfast \$.30		a minimum of three components for a			
Offered w/ Every Meal:		must be a ½ cup serving of fruit or		Elementary Lunch \$2.70		meal. One component must be a ½ cup		Fresh Veggies NO Dip	3.7
Selection of Fruit and 100% Juice	Below	fruit juice.		Middle School Lunch \$2.90		serving of vegetable or fruit.		Fresh Veggies w/ Dip	4
Variety of Milk	Below			High School Lunch \$3.10				Selection of Fruits	15
Spring Break: School Closed				Reduced Lunch \$.40					
April 2	Carb	April 3	Carb	April 4	Carb	April 5	Carb	April 6	Carb
IRON CHEF WINNERS!!		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée	
<i>Join us on Monday, April 9</i>		Tony's Breakfast Pizza	25	Egg, Sausage & Cheese Slider	19	Mini Breakfast Loaf OR Banana Bread	26/44	Egg, Bacon & Cheese Slider	24
<i>Enjoy the</i>				Baseball Season Homerun Lunch		w/ Yogurt	15		
<i>Winning Breakfast</i>		Lunch Select 1 Entrée		Lunch Select 1 Entrée		Lunch Select 1 Entrée		Lunch Select 1 Entrée	
<i>& Winning Lunch</i>		Macaroni & Cheese w/ Dinner Roll	45	Double Beef Hot Dogs on Rolls	30	Popcorn Chicken Bowl & Dinner Roll	15/13	Corn Dog Bites w/ Dinner Roll	23/19
<i>voted on by YOU</i>		Hamburger OR Cheeseburger on Roll		Hamburger OR Cheeseburger on Roll	27/28	Hamburger OR Cheeseburger on Roll	27/28	Hamburger OR Cheeseburger on Roll	27/28
<i>and the COMMUNITY</i>		Select 1-2 Veggies & 1-2 Fruits	27/28	Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits	
<i>at the</i>		Steamy Green Beans	4	BBQ Baked Beans & Popcorn	37	Mashed Potatoes & Corn	16/13	Golden French Fries	18
<i>Iron Chef Competition!</i>		Mixed Fruit Cup	14	Apple Slices	7	Sweet Strawberries	22	Applesauce Cup	17
April 9	Carb	April 10	Carb	April 11	Carb	April 12	Carb	April 13	Carb
Iron Chef Breakfast #1 Winner		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée	
Icing Drizzled Cinnamon Roll	32	Egg, Sausage & Cheese Croissant	28	Maple Pancake Sausage Nuggets (4 pc)	20	Blueberry or Banana Muffin	26/31	Bulldog Breakfast Biscuit	29
						w/ Yogurt	15	(Egg, Sausage & Cheese)	
Iron Chef Lunch #1 Winner		Lunch Select 1 Entrée		Lunch Select 1 Entrée		Lunch Select 1 Entrée		Lunch Select 1 Entrée	
Walking Taco - Lettuce, Salsa, Tomato	35	Double Meatball Sliders	36.5	Turkey Pierogi Pot Pie & Bread Stick	81	Variety of Subway Sandwiches & Chips	47/19	Pizza Buns (2)	30
Chicken Patty Sandwich- Regular/Spicy	26	Chicken Patty Sandwich- Regular/Spicy	26	Chicken Patty Sandwich- Regular/Spicy	26	Chicken Patty Sandwich- Regular/Spicy	26	Chicken Patty Sandwich- Regular/Spicy	26
Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits	
Zesty Baked Beans	37	Steamy Broccoli	5	Steamy Peas & Carrots	8.5	Golden Corn	16	Sweet Potato Fries w/ Dipper	13/40
Golden Pineapple	18	Frozen Juice Rush	27	Sweet Strawberries	22	Festive Fruit Mix	25	Golden Peaches	7
April 16	Carb	April 17	Carb	April 18	Carb	April 19	Carb	April 20	Carb
Breakfast Select 1 Entrée		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée		Breakfast Select 1 Entrée	
Pillsbury Apple Frudel	36	Breakfast Pizza	25	Kellogg Eggo French Toast Mini's	35	Mini Breakfast Loaf	26	Egg, Sausage & Cheese	19
or Cherry Frudel	37			Lunch Select 1 Entrée		w/ Yogurt	15	Breakfast Slider	
Lunch Select 1 Entrée		Lunch Select 1 Entrée		Meatloaf w/ Gravy, Dinner Roll	49	Lunch Select 1 Entrée		Lunch Select 1 Entrée	
Sloppy Joe on Roll	77	Philly Cheesesteak on Roll	32	Breaded Cheese Sticks w/ Marinara	36	Chicken Patty Sandwich	26	Hamburger OR Cheeseburger on Roll	27/28
French Bread Pizza	36	Personal Cheese Pizza	36	Select 1-2 Veggies & 1-2 Fruits		Cheese Calzone w/ Marinara Sauce	30	Cheese Quesadilla	40
Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits		Mashed Potatoes & Green Beans	4	Select 1-2 Veggies & 1-2 Fruits		Select 1-2 Veggies & 1-2 Fruits	
Golden Tater Tots (10 pc)	16	BBQ Baked Beans	37	Chilled Mixed Fruit	25	Honey Glazed Carrots	11.5	Steamy Broccoli	4
Chilly Pears	12	Chilly Applesauce Cup	11.5	Fresh Baked Cookie	22	Chilled Pineapple	18	Chilly Strawberries	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 Croissant	28	Breakfast Select 1 Entrée Waffles w/ Syrup	38/40	Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt	26/31 15	Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Bacon & Cheese)	29
Lunch Select 1 Entrée Nachos: Taco Meat/Cheese Sauce	35	Lunch Select 1 Entrée Spaghetti & Meatballs, Garlic Bread	57/15	Lunch Select 1 Entrée Pulled Pork on Roll	77	Lunch Select 1 Entrée Moe's Joey Jr. Burrito, Chips/Salsa	70	Brunch Lunch French Toast Sticks w/Sausage	38/0
Select 1-2 Veggies & 1-2 Fruits Veal Parmesan on Roll	35	Select 1-2 Veggies & 1-2 Fruits Veal Parmesan on Roll	35	Select 1-2 Veggies & 1-2 Fruits Veal Parmesan on Roll	35	Select 1-2 Veggies & 1-2 Fruits Veal Parmesan on Roll	35	Select 1-2 Veggies & 1-2 Fruits Veal Parmesan on Roll	35
Select 1-2 Veggies & 1-2 Fruits Zesty Baked Beans	5	Select 1-2 Veggies & 1-2 Fruits Fresh Romaine Salad	5	Select 1-2 Veggies & 1-2 Fruits Honey Carrot Coins	11.5	Select 1-2 Veggies & 1-2 Fruits Steamy Green Beans	4	Select 1-2 Veggies & 1-2 Fruits Golden French Fries	18
Select 1-2 Veggies & 1-2 Fruits Chilled Fruit Mix	15	Select 1-2 Veggies & 1-2 Fruits Chilled Mandarin Oranges	7	Select 1-2 Veggies & 1-2 Fruits Chilly Applesauce Cup	11.5	Select 1-2 Veggies & 1-2 Fruits Frozen Juice Rush	27	Select 1-2 Veggies & 1-2 Fruits Chilled Peaches	7
April 30	Carb	EARTH DAY, April 22 Help keep our earth safe! Get outside and enjoy the beauty of nature! When you go for a hike take a bag and pick-up any trash you find! Save Your environment, Save Your World!				 Good Luck Spring Sports Teams!!		 Make your meal complete with Milk @ Breakfast & Lunch	
Breakfast Select 1 Entrée Pillsbury Apple Frudel	36							 1% White Milk 13 FF Chocolate Milk 22 FF Strawberry Milk 26 Skim White Milk 12	
Breakfast Select 1 Entrée or Cherry Frudel	37								
Lunch Select 1 Entrée Breaded Baked Chicken w/ Roll	15								
Lunch Select 1 Entrée Hamburger OR Cheeseburger on Roll	27/28								
Select 1-2 Veggies & 1-2 Fruits Golden Corn & Mashed Potatoes	13/16								
Select 1-2 Veggies & 1-2 Fruits Golden Diced Peaches	7								
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	Orange	14	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	1% White Milk	13			Muffin, Blueberry	26
Cereal, Reduced Sugar Cinnamon Toast	22			FF Chocolate Milk	22			Muffin, Banana (NO NUTS)	31
Cereal, Reduced Sugar Cocoa Puffs	25			FF Strawberry Milk	26				
Cereal, Reduced Sugar Frosted Corn Fl	24			Skim White Milk	12				
Cereal, Reduced Sugar Fruit Loops	24								
Menu subject to change without notice.				To Deposit money into your child's account go to www.wilsonsd.org then e-Funds Online Payments					