WILSON SCHOOL DISTRICT
MIDDLE SCHOOLS (Grades 6 - 8)

May-June 2018

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

We are an equal opportunity provider and employer!

Monday	CARBS	Tuesday		Wednesday		Thursday		Friday	CARBS
Daily Breakfast Choices		**BREAKFAST STARTS YOUR DAY**		**Meal Prices**		**BUILD A HEALTHY LUNCH**		**Lunch Select 1 Entrée**	
Featured Entrée	Below	includes 3 components: Whole Grains,		Elementary Breakfast **$1.85**		**Select 3 - 4 - or 5 Components:**		Create Your Own Salad Bar	**22 - 32**
Bagel w/ Cream Cheese	30/1	Fruit & Juice, Milk. You must take a		Middle School Breakfast **$2.05**		Meat/Meat Alternate, Whole Grains,		Yogurt w/ Bagel & Cream Cheese	**60**
Assorted Cereal **OR** Poptarts	Below	minimum of three food items for a meal.		High School Breakfast **$2.25**		Vegetables, Fruit and Milk. You must take			
w/ Yogurt **OR** String Cheese	15/1	One item must be a ½ cup serving of fruit		Reduced Breakfast **$.30**		a minimum of three components for a			
		or fruit juice.		Elementary Lunch **$2.70**		meal. One component must be a ½ cup			
Offered w/ Every Meal:		***Choice of Milk with Breakfast***		Middle School Lunch **$2.90**		serving of vegetable or fruit.		Fresh Veggies NO Dip	**3.7**
Selection of Fruit and 100% Juice	Below	***and Lunch: FF Chocolate,***		High School Lunch **$3.10**		SUMMERTIME		Fresh Veggies w/ Dip	**4**
Variety of Milk	Below	***FF White, FF Strawberry,***		Reduced Lunch **$.40**				Selection of Fruits	**15**
		1% White							
	CARBS	**May 1**	**CARBS**	**May 2**	**CARBS**	**May 3**	**CARBS**	**May 4**	**CARBS**
Friday, May 4 is		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**	
School Lunch Super Hero Day!		Breakfast Pizza	25	Mini Pancakes w/ Syrup	35	Mini Breakfast Loaf	26-31	Bulldog Breakfast Biscuit (Sausage)	28
Thank You Food Service Staff						w/Yogurt	15		
for your dedicated service this year		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**School Lunch Super Hero Day!!**	
I'm a LUNCH LADY what's your Superpower?		Macaroni & Cheese w/ Roll	40 / 15	Fish Sticks & Dinner Roll	37	Regular or Spicy Chicken Patty Sand.	34	Mickey's Cheesy Pizza Wedge	30
		Hamburger on Roll	27	Hamburger on Roll	27	Hamburger on Roll	27	Hamburger on Roll	27
		Select 1-2 Veggies & 1 Fruit		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**	
		Steamy Broccoli	5	Honey Glazed Carrots	11.5	BBQ Baked Beans	37	Super Hero Peas	11
		Golden Pineapple	18	Seasonal Fresh Fruit	15-20	Chilly Peaches	7	Applesauce Cup	11.5
May 7	**CARBS**	**May 8**	**CARBS**	**May 9**	**CARBS**	**May 10**	**CARBS**	**May 11**	**CARBS**
Breakfast		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**	
Icing Drizzled Cinnamon Bun	32	Egg, Bacon & Cheese Croissant	16	Maple Pancake Sausage Nuggets (4 pc)	20	Mini Breakfast Loaf	26-31	Bulldog Breakfast Biscuit (Bacon)	29
						w/Yogurt	15		
Celebrate Cinco de Mayo!		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**	
Walking Taco - Lettuce, Salsa, Tomato	35	Meatball Hoagie w/ Sauce	38	Bacon Cheeseburger on Roll	25	Hot Ham & Cheese on Pretzel Roll	31	Double Hot Dogs on Rolls	30
Chicken Nuggets w/ Dinner Roll	17/13	Chicken Nuggets w/ Dinner Roll	17/13	Chicken Nuggets w/ Dinner Roll	17/13	Chicken Nuggets w/ Dinner Roll	17/13	Chicken Nuggets w/ Dinner Roll	17/13
Select 1-2 Veggies & 1 Fruit		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**	
Zesty Baked Beans	37	Honey Carrots	11.5	Golden Hashbrown	18	Steamy Peas	11	Steamy Broccoli	5
Golden Pineapple	18	Spring Ice Cream Cup & Fruit	14/20	Seasonal Fresh Fruit	15-20	Festive Fruit Mix	25	Golden Peaches	7
May 14	**CARBS**	**May 15**	**CARBS**	**May 16**	**CARBS**	**May 17**	**CARBS**	**May 18**	**CARBS**
Breakfast Select 1 Entrée		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**	
Assorted Breakfast Donuts	Below	Breakfast Pizza	25	Mini Pancakes w/ Syrup	35	Mini Breakfast Loaf	26-31	Bulldog Breakfast Biscuit (Sausage)	28
		Roll Back to the 50's Diner!! Day				w/Yogurt	15		
Lunch Select 1 Entrée		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**	19Chips
Philly Cheesesteak on Roll	36	Open-faced Meatloaf Sandwich/Gravy	49	Macaroni & Cheese w/ Gold Fish	45	Subway Sandwiches/Chips	47/19	American or Italian Hoagie w/ Chips	24Sand
French Bread Pizza	36	Max Cheese Sticks w/ Marinara Cup	62	5" Individual Round Pizza	36	Max Cheese Sticks w/ Marinara Cup	62	Max Cheese Sticks w/ Marinara Cup	62
Select 1-2 Veggies & 1 Fruit		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**	
Zesty Baked Beans	37	Potato Smiles	20	Steamy Green Beans	4	Honey Glazed Carrots	11.5	Steamy Peas & Carrots	8.5
Chilly Pears	12	Chilly Applesauce Cup	11.5	Chilled Mixed Fruit	15	Seasonal Fresh Fruit	15-20	Golden Pineapple	18
May 21	**CARBS**	**May 22**	**CARBS**	**May 23**	**CARBS**	**May 24**	**CARBS**	**May 25**	**CARBS**
Breakfast Select 1 Entrée		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**	
Icing Drizzled Cinnamon Roll	32	Egg, Bacon & Cheese Croissant	16	Mini Pancakes w/ Syrup	35	Mini Breakfast Loaf	26-31	Bulldog Breakfast Biscuit (Bacon)	29
				Lunch Select 1 Entrée		w/Yogurt	15		
Lunch Select 1 Entrée		**Lunch Select 1 Entrée**		Turkey Breast & Cheese on Club Roll	24.8	**Lunch Select 1 Entrée**		**EARLY DISMISSAL, NO LUNCH**	
Nachos: Taco Meat/Cheese Sauce	32	Bacon Cheeseburger on Roll	25	w/ Chips	19	Mickey's Cheesy Pizza Wedge	30	Splash!	
Reg or Spicy Chicken Patty Sandwich	34	Reg or Spicy Chicken Patty Sandwich	34	Reg or Spicy Chicken Patty Sandwich	34	Reg or Spicy Chicken Patty Sandwich	34		
Select 1-2 Veggies & 1 Fruit		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**			
Zesty Baked Beans	37	Golden Potatoes	18	Steamy Peas	11	Steamy Green Beans	4		
Chilled Fruit Mix	15	Chilly Pears	12	Chilly Applesauce Cup	11.5	Frozen Juice Rush	27		
May 28	**CARBS**	**May 29**	**CARBS**	**May 30**	**CARBS**	**June 1**	**CARBS**	**June 2**	**CARBS**
Memorial Day - School Closed		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**	
		Icing Drizzled Cinnamon Roll	32	French Toast Sticks (4 pc)	20	Mini Breakfast Loaf	26-31	Bulldog Breakfast Biscuit (Sausage)	28
						w/Yogurt	15		
		Lunch Select 1 Entrée		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**	19Chips
		Hot Dog on Roll	15	Walking Taco - Lettuce, Salsa, Tomato	35	Popcorn Chicken Bowl	15	American or Italian Hoagie w/ Chips	24Sand
		Cheeseburger on Roll	28	Cheeseburger on Roll	28	Cheeseburger on Roll	28	Cheeseburger on Roll	28
		Select 1-2 Veggies & 1 Fruit		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**	
		Zesty Baked Beans	37	Steamy Peas	11	Golden Corn & Mashed Potatoes	16/13	Steamy Green Beans	4
		Fresh Melon &/or Strawberries	15 - 22	Chilly Applesauce Cup	11.5	Chilly Mixed Fruit	15	Chilly Pineapple	18
June 4	**CARBS**	**June 5**	**CARBS**	**June 6**	**CARBS**	**June 7**	**CARBS**	**June 8**	**CARBS**
Breakfast Select 1 Entrée		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**		**Breakfast Select 1 Entrée**	
Assortment of Breakfast Items		Assortment of Breakfast Items		Assortment of Breakfast Items		Assortment of Breakfast Items		Assortment of Breakfast Items	
								EARLY DISMISSAL, NO LUNCH	
Lunch Select 1 Entrée		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Lunch Select 1 Entrée**		**Have a fantastic summer!**	
Philly Cheesesteak Sandwich	36	Subway Sandwiches & Chips	47/19	Hot Dog on Roll	15	Variety of Cheese Pizzas	15 / 25	**See you Monday August 27!!**	
Variety Hot & Cold Sandwiches		Variety Hot & Cold Sandwiches		Variety Hot & Cold Sandwiches		Variety Hot & Cold Sandwiches		SCHOOL'S OUT!	
Select 1-2 Veggies & 1 Fruit		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**		**Select 1-2 Veggies & 1 Fruit**			
Golden Potatoes	18	Steamy Broccoli	5	Zesty Baked Beans	37	Fresh or Steamy Veggies			
Choice of Fresh & Canned Fruit		Choice of Fresh & Canned Fruit		Choice of Fresh & Canned Fruit		Choice of Fresh & Canned Fruit			

Menu subject to change without notice. **To Deposit money into your child's account go to www.wilsonsd.org then e-Funds Online Payments**

	CARB		CARB		CARB		CARB		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**	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 Crun	**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**				