



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