



WILSON SCHOOL DISTRICT
SOUTHERN & WEST MIDDLE SCHOOL (GRADES 6 - 8)
Contact the Food Service Office for questions and concerns: 610-670-0180 x 1148

May-June 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
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	BREAKFAST STARTS YOUR DAY 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 1/2 cup serving of fruit 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 \$3.30 Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$4.40	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 1/2 cup serving of vegetable or fruit.	Lunch Daily Entrée Choices Featured Hot Entrees OR Assorted Cold Sandwiches OR Salad Bar OR PB & Jelly + String Cheese Note: No Salad Bar June 4 - 8 Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks
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 & 1-2 Fruit Steamy Broccoli Golden Pineapple	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 & 1-2 Fruit Honey Glazed Carrots Seasonal Fresh Fruit	May 3 Breakfast Select 1 Entrée Mini Breakfast Loaf w/ Yogurt Lunch Select 1 Entrée Regular or Spicy Chicken Patty/Roll Hamburger on Roll Select 1-2 Veggies & 1-2 Fruit BBQ Baked Beans Chilly Peaches	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 & 1-2 Fruit Super Hero Peas Applesauce Cup
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 & 1-2 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 & 1-2 Fruit Honey Carrots Spring Ice Cream Cup & Fruit	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 & 1-2 Fruit Golden Hashbrown Seasonal Fresh Fruit	May 10 Breakfast Select 1 Entrée Assorted Muffins & Yogurt Lunch Select 1 Entrée Subway Sandwiches & Chips Chicken Nuggets w/ Dinner Roll Select 1-2 Veggies & 1-2 Fruit Steamy Peas Festive Fruit Mix	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 & 1-2 Fruit Steamy Broccoli Golden Peaches
May 14 Breakfast Select 1 Entrée Assorted Breakfast Donuts Lunch Select 1 Entrée Philly Cheesesteak on Roll French Bread Pizza Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Chilly Peas	May 15 Breakfast Select 1 Entrée Breakfast Pizza 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 & 1-2 Fruit Potato Smiles Chilly Applesauce Cup	May 16 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 & 1-2 Fruit Steamy Green Beans Chilled Mixed Fruit	May 17 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 & 1-2 Fruit Honey Glazed Carrots Seasonal Fresh Fruit	May 18 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 & 1-2 Fruit Steamy Peas & Carrots Golden Pineapple
May 21 Breakfast Select 1 Entrée Icing Drizzled Cinnamon Roll Lunch Select 1 Entrée Nachos: Taco Meat/Cheese Sauce Reg or Spicy Chicken Patty Sandwich Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Chilled Fruit Mix	May 22 Breakfast Select 1 Entrée Egg, Bacon & Cheese Croissant Lunch Select 1 Entrée Bacon Cheeseburger on Roll Reg or Spicy Chicken Patty Sandwich Select 1-2 Veggies & 1-2 Fruit Golden Potatoes Chilly Peas	May 23 Breakfast Select 1 Entrée Mini Pancakes w/ Syrup Lunch Select 1 Entrée Turkey Breast & Cheese on Club Roll w/ Chips Reg or Spicy Chicken Patty Sandwich Select 1-2 Veggies & 1-2 Fruit Steamy Peas Chilly Applesauce Cup	May 24 Breakfast Select 1 Entrée Assorted Muffins & Yogurt Lunch Select 1 Entrée Mickey's Cheesy Pizza Wedge Reg or Spicy Chicken Patty Sandwich Select 1-2 Veggies & 1-2 Fruit Steamy Green Beans Frozen Juice Rush	May 25 Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Bacon) EARLY DISMISSAL, NO LUNCH
May 28 Memorial Day - School Closed 	May 29 Breakfast Select 1 Entrée Icing Drizzled Cinnamon Roll Lunch Select 1 Entrée Hot Dog on Roll Cheeseburger on Roll Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Fresh Melon &/or Strawberries	May 30 Breakfast Select 1 Entrée French Toast Sticks (4 pc) Lunch Select 1 Entrée Walking Taco - Lettuce, Salsa, Tomato Cheeseburger on Roll Select 1-2 Veggies & 1-2 Fruit Steamy Peas Chilly Applesauce Cup	May 31 Breakfast Select 1 Entrée Assorted Muffins & Yogurt Lunch Select 1 Entrée Popcorn Chicken Bowl Cheeseburger on Roll Select 1-2 Veggies & 1-2 Fruit Golden Corn & Mashed Potatoes Chilly Mixed Fruit	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 & 1-2 Fruit Steamy Green Beans Chilly Pineapple
June 4 Breakfast Select 1 Entrée Assortment of Breakfast Items Lunch Select 1 Entrée Philly Cheesesteak Variety Hot & Cold Sandwiches Select 1-2 Veggies & 1-2 Fruit Golden Potatoes Choice of Fresh & Canned Fruit	June 5 Breakfast Select 1 Entrée Assortment of Breakfast Items Lunch Select 1 Entrée Subway Sandwiches & Chips Variety Hot & Cold Sandwiches Select 1-2 Veggies & 1-2 Fruit Steamy Broccoli Choice of Fresh & Canned Fruit	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 & 1-2 Fruit Zesty Baked Beans Choice of Fresh & Canned Fruit	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 & 1-2 Fruit Fresh or Steamy Veggies Choice of Fresh & Canned Fruit	June 8 Breakfast Select 1 Entrée Assortment of Breakfast Items EARLY DISMISSAL, NO LUNCH Have a fantastic summer! See you Monday, August 27!!

Menu subject to change without notice.

To Deposit money into your child's account go to www.wilsonsd.org then e-Funds Online Payments