

WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 5

September 2018



**Fuel Your Day with WITH A GREAT START**  
**STOP IN FOR BREAKFAST**  
 Breakfast Yogurt Parfait  
 Poptarts & String Cheese  
 Assorted Cereal & Grahams



**TRY OUR NEW LUNCHES**  
 Daily Salad Choices  
 Uncrustable PB & J  
 Grab 'n Go Bulldog Cup



**Choose Your Milk**  
 1% Chocolate or Strawberry  
 1% White or Skim White  
 Lactose Free



**Grab 'n Go Meals**  
**Bulldog Power Cup**  
 Meat, Egg, Cheese, Whole Grain, Vegetable & /or Fruit  
 Select a Milk



**Yogurt Parfait**  
 Yogurt, 1-cup Fruit, Grain

Select Veggies  
 Choose a Milk

**OUTSIDE and PLAY**



**Monday**  
**BREAKFAST - Select 1 Entrée**  
 Choose 1 Fruit &/or 1 Fruit Juice  
 Select Favorite Milk  
 Breakfast must have 3 food items of which 1 must be a fruit or juice.

September 3  
**School Closed - Labor Day**  
 Bagel w/ Cream Cheese



September 10  
**Breakfast Select 1 Entrée**  
 Iced Cinnamon Roll - Hadley Farms  
**Lunch Select 1 Entrée**  
 Baconburger w/wo Cheese  
 Mickey's Cheesy Pizza Wedge  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Baby Carrots, Dip & Roasted Hashbrowns (Basic Am)  
 Fresh Fruit or Chilly Mandarin Oranges

September 17  
**Breakfast Select 1 Entrée**  
 Bagel w/ Cream Cheese  
**Lunch Select 1 Entrée**  
 Chicken Tender Wrap  
 French Bread  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Popeye Salad, Dressing & Steamy Peas  
 Fresh Fruit or Chilly Pineapple

September 24  
**Breakfast Select 1 Entrée**  
 Cinnamon Roll - Hadley Farms  
**Lunch Select 1 Entrée**  
 Tyson Chicken Nuggets w/ Dips & WG Dinner Roll  
 Mickey's Cheesy Pizza Wedge  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Cucumber & Celery Cup, Dip & Steamy Carrots  
 Fresh Fruit or Chilly Pineapple

**Tuesday**  
**Meal Prices**  
 Elementary Breakfast \$1.85  
 Middle School Breakfast \$2.05  
 High School Breakfast \$2.25  
 Reduced Breakfast \$ .30

September 4  
**Breakfast Select 1 Entrée**  
 French Toast Sticks, Syrup  
**Lunch Select 1 Entrée**  
 Tyson Popcorn Chicken, Dips & Bread Stick  
 Berks All Beef Hot Dog on Roll  
 Chef's Salad w/ Croutons & Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Crunchy Baby Carrots, Dip & Steamy Green Beans  
 Fresh Fruit or Chilly Peaches

September 11  
**Breakfast Select 1 Entrée**  
 Bulldog Breakfast Biscuit (Egg, Cheese & Bacon)  
**Lunch Select 1 Entrée**  
 Chicken Fingers w/ Dips, Dinner Roll  
 Berks All Beef Hot Dog on Roll  
 Chef's Salad w/ Croutons & Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Romaine Salad, Dressing & Steamy Peas & Carrots  
**Chilly Juice Rush**

September 18  
**Breakfast Select 1 Entrée**  
 French Toast Sticks, Syrup  
**Lunch Select 1 Entrée**  
 English Muffin Pizzas (2 pc)  
 Berks All Beef Hot Dog on Roll  
 Chef's Salad w/ Croutons & Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Cauliflower & Cucumber, Dip & Zesty Baked Beans  
 Fresh Fruit or Chilly Peaches

September 25  
**Breakfast Select 1 Entrée**  
 Bulldog Breakfast Biscuit (Egg, Cheese & Bacon)  
**Lunch Select 1 Entrée**  
 Philly Style Cheese Steak  
 Berks All Beef Hot Dog on Roll  
 Chef's Salad w/ Croutons & Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Super Power Broccoli, Dip & Zesty Baked Beans  
 Fresh Fruit or Chilly Peaches

**Wednesday**  
 Contact the Food Service Office with questions and concerns:  
 (610) 670-0180 x 1147  
 Menu subject to change without notice! We are an equal opportunity provider and employer.

September 5  
**Breakfast Select 1 Entrée**  
 Cheesy Breakfast Wrap  
**Lunch Select 1 Entrée**  
 Walking Taco w/ Meat & Cheese Sauce  
 Italian Hoagie on Club Roll  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Lettuce & Tomato & Steamy Mixed Veggies  
 Fresh Fruit or Chilly Applesauce

September 12  
**Breakfast Select 1 Entrée**  
 Cinnamon Dusted Warm Dutch Waffle  
**Lunch Select 1 Entrée**  
 Macaroni & Cheese w/ Gold Fish  
 American Hoagie on Club Roll  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Red Pepper Strips, Dip & Steamy Peas & Broccoli  
 Fresh Fruit or Chilly Applesauce

September 19  
**Breakfast Select 1 Entrée**  
 Cheesy Breakfast Wrap  
**Lunch Select 1 Entrée**  
 Hot Turkey Sandwich w/ Gravy  
 Italian Hoagie on Club Roll  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Steamy Green Beans & Mashed Potatoes  
 Chilly Applesauce & Cookie

September 26  
**Breakfast Select 1 Entrée**  
 Dutch Waffle (J&J), CinnSugar  
**Lunch Select 1 Entrée**  
 Max Stuffed Cheese Sticks (2) w/ Marinara Dipper  
 American Hoagie on Club Roll  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Popeye Salad, Dressing & Corn Cobette  
 Chilly Applesauce or Juice Rush

**Thursday**  
**Meal Prices**  
 Elementary Lunch \$2.70  
 Middle School Lunch \$2.90  
 High School Lunch \$3.10  
 Reduced Lunch \$ .40

September 6  
**Breakfast Select 1 Entrée**  
 Pillsbury Maple Burstin' Mini Pancakes  
**Lunch Select 1 Entrée**  
 Chicken & Pasta Alfredo w/Garlic Knot  
 Regular Chicken Patty/Roll (Spicy Gr 4-5)  
 Chef's Salad w/ Croutons & Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Steamy Broccoli & Fresh Cucumber Dipper  
 Fresh Fruit or Chilly Pears

September 13  
**Breakfast Select 1 Entrée**  
 French Toast Sticks, Syrup  
**Lunch Select 1 Entrée**  
 Philly Cheesesteak Sandwich  
 Chicken & Pasta Alfredo w/Garlic Knot  
 Chef's Salad w/ Croutons & Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Celery & Cucumber, Dip & Golden Onion Rings  
 Fresh Fruit or Chilly Pears

September 20  
**Breakfast Select 1 Entrée**  
 Pillsbury Maple Burstin' Mini Pancakes  
**Lunch Select 1 Entrée**  
 Nacho Salad (Meat, Cheese, Corn Chips)  
 Regular Chicken Patty/Roll (Spicy Gr 4-5)  
 Chef's Salad w/ Croutons & Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Red Peppers, Dip & Steamy Corn  
 Fresh Fruit or Chilly Pears

September 27  
**Breakfast Select 1 Entrée**  
 French Toast Sticks, Syrup  
**Early Dismissal - No Lunch**  
**Fuel Up So You Can Play To WIN!!**

**Friday**  
**LUNCH - Select 1 Entrée**  
 Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk  
 Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.

September 7  
**Breakfast Select 1 Entrée**  
 Assorted Mini Donuts  
**Lunch Select 1 Entrée**  
 Corn Doggie Nuggets  
 Stuffed Crust Pizza  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Trio Veggies, Dip & Zesty Baked Beans  
 Fresh Fruit or Chilly Mixed Fruit; IC Sand.

September 14  
**Breakfast Select 1 Entrée**  
 Filled Crescent Chocolate OR Grape  
**Lunch Select 1 Entrée**  
 Hot Ham & Cheese on Pretzel Roll  
 Stuffed Crust Pizza  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Trio of Veggies & Zesty Baked Beans  
 Fresh Fruit or Chilly Mixed Fruit

September 21  
**Breakfast Select 1 Entrée**  
 Assorted Mini Donuts  
**Lunch Select 1 Entrée**  
 Bulldog Cheesy Burger on Roll  
 Stuffed Crust Pizza  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Trio Veggie Cup, Dip & Golden Potato Smiles  
 Fresh Fruit or Chilly Mixed Fruit

September 28  
**Breakfast Select 1 Entrée**  
 Pillsbury Filled Crescent  
**Lunch Select 1 Entrée**  
 Baconburger w/wo Cheese on Roll  
 Stuffed Crust Pizza  
 Chicken Ceasar Salad w/ Roll  
**Select 1 or 2 Vegetables &/or 1 Fruit**  
 Fresh Trio Veggie Cup & Golden Tater Tots  
 Fresh Fruit or Chilly Mixed Fruit