



WILSON SCHOOL DISTRICT - MIDDLE SCHOOLS - GRADES 6 - 8


September 2018

Breakfast Daily Specials
 Assorted Cereals & Grahams
 Poptart & Cheese Stick
 2- NutriGrain Bars
 Benefit Bar
 Yogurt Parfait
 Bagel & Cream Cheese

Monday
BREAKFAST - Select 1 Entrée
 Sep-18
 Choice of 1/2 cup 100% Juice
 Pick Your Favorite Milk
 Your breakfast must have 3 food items, 1 must be a 1/2 cup of fruit or fruit juice.

Tuesday
Breakfast Meal Prices

 Elementary \$1.85
 Middle School \$2.05
 High School \$2.25
 Reduced Price \$.30
 Adult Meal \$3.25

Wednesday
 Call Food Service Office with questions and concerns: (610) 670-0180 x 1147

 Choice of Milk
 1% Chocolate
 1% Strawberry
 1% White
 Skim White

Thursday
Lunch Meal Prices

 Elementary \$2.70
 Middle School \$2.90
 High School \$3.10
 Reduced Price \$.40
 Adult Meal: \$5.10

Friday
LUNCH - Select 1 Entrée
 Select 1 or 2 Vegetables
 Choose 1 or 2 Fruits
 Pick Your Favorite Milk
 Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.

Salad Bar
 Mixed Greens & Veggies
 Whole Grain Roll
 Meat & Cheese Selections
 Chilled Assorted Fruits

September 3
 Labor Day - School Closed


September 4
Breakfast Select 1 Entrée
 French Toast Sticks, Syrup
Lunch Select 1 Entrée
 Popcorn Chicken Bowl- Mashed, Corn, Gravy, Roll
 Berks All Beef Hot Dog on Roll
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Crunchy Baby Carrots, Dip & Steamy Green Beans
 Fresh Fruit or Chilly Peaches

September 5
Breakfast Select 1 Entrée
 Cheesy Breakfast Wrap
Lunch Select 1 Entrée
 Walking Taco (Meat, Cheese Sauce)
 Italian Hoagie
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Lettuce & Tomato, Mixed Veggies
 Fresh Fruit or Chilly Applesauce

September 6
Breakfast Select 1 Entrée
 Pillsbury Maple Burstin' Mini Pancakes
Lunch Select 1 Entrée
 Chicken & Pasta Alfredo w/ Garlic Knot
 Regular or Spicy Chicken Patty on Roll
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Cucumber Dipper, Steamy Broccoli
 Fresh Fruit or Chilly Pears

September 7
Breakfast Select 1 Entrée
 Assorted Mini Donuts
Lunch Select 1 Entrée
 Corn Doggie Nuggets
 Max Cheese Sticks w/Marinara Dipper
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Trio Veggies, Dip & Zesty Baked Beans
 Fresh Fruit or Chilly Mixed Fruit Cup; IC Sand.

Grab 'n Go Meals
Bulldog Power Cup
 Meat, Egg, Cheese, Whole Grain, Select a Milk
Yogurt Parfait
 Yogurt, 1-cup Fruit, Grain
 Select Veggies
 Choose a Milk

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

September 11
Breakfast Select 1 Entrée
 Bulldog Breakfast Biscuit (Egg & Bacon)
Lunch Select 1 Entrée
 Chicken Fingers & Dips, WG Roll
 Berks All Beef Hot Dog on Roll
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Romaine Salad, Dressing & Steamy Peas & Carrots
 Chilly Peaches or Frozen Juice Rush

September 12
Breakfast Select 1 Entrée
 Cinnamon Dusted Dutch Waffle
Lunch Select 1 Entrée
 Macaroni & Cheese w/ Goldfish
 American Hoagie
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Red Pepper Strips, Dip & Steamy Broccoli
 Fresh Fruit or Chilly Applesauce

September 13
Breakfast Select 1 Entrée
 French Toast Sticks, Syrup
Lunch Select 1 Entrée
 Philly Cheesesteak Sandwich
 Regular OR Spicy Chicken Patty on Roll
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Celery & Cucumber, Dip
 Golden Onion Rings
 Fresh Fruit or Chilly Pears

September 14
Breakfast Select 1 Entrée
 Pillsbury Filled Crescent
Lunch Select 1 Entrée
 Hot Ham & Cheese on Pretzel Roll
 Stuffed Crust Pizza
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Trio of Veggies & Zesty Baked Beans
 Fresh Fruit or Chilly Mixed Fruit Cup

GRAB 'N GO

September 17
Breakfast Select 1 Entrée
 Bagel w/ Cream Cheese
Lunch Select 1 Entrée
 Chicken Tender Wraps (2 6" Wraps, 4 tenders)
 French Bread Pizza (Schwan's)
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Popeye Salad, Dressing & Steamy Peas
 Fresh Fruit or Chilly Pineapple

September 18
Breakfast Select 1 Entrée

 French Toast Sticks, Syrup
Lunch Select 1 Entrée
 English Muffin Pizzas (3 pc)
 Berks All Beef Hot Dog on Roll
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Cauliflower & Cucumber, Dip & Zesty Baked Beans
 Fresh Fruit or Chilly Peaches

September 19
Breakfast Select 1 Entrée
 Cheesy Breakfast Wrap (Sunny Fresh)
Lunch Select 1 Entrée
 Hot Turkey Sandwich, Gravy
 Italian Hoagie
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Steamy Green Beans & Mashed Potatoes
 Fresh Fruit or Chilly Applesauce ; Cookie

September 20
Breakfast Select 1 Entrée
 Pillsbury Maple Burstin' Mini Pancakes
Lunch Select 1 Entrée
 Nacho Salad /Taco Meat/Cheese
 Regular or Spicy Chicken Patty on Roll
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Red Peppers, Dip & Steamy Corn
 Fresh Fruit or Chilly Pears



September 21
Breakfast Select 1 Entrée
 WG Mini Donuts (Chocolate or Powder)
Lunch Select 1 Entrée
 Bulldog Cheesy Burger
 Max Cheese Sticks w/Marinara Dipper
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Trio Veggie Cup, Dip & Golden Potato Smiles
 Fresh Fruit or Chilly Mixed Fruit Cup

Visit The Deli Spot
 Assorted Cold Sandwiches Daily
 Uncrustable PB & J
 Assorted Hoagies
 Ham & Cheese Sandwich
 Turkey & Cheese Sandwich
 Assorted Wraps
 Tuna or Chicken Salad
 Select Sandwich Fixings
 Fresh Veggies & Choice of Fruits
 Choose a Milk

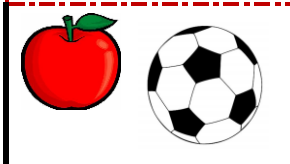
September 24
Breakfast Select 1 Entrée
 Cinnamon Roll
Lunch Select 1 Entrée
 Tyson Chicken Nuggets, Dips w/ Roll
 Mickey's Cheesy Pizza Wedge
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Cucumber & Celery Cup, Dip & Steamy Carrots
 Fresh Fruit or Chilly Pineapple

September 25
Breakfast Select 1 Entrée
 Bulldog Egg & Bacon Breakfast Biscuit
Lunch Select 1 Entrée
 Philly Style Cheesesteak
 Berks All Beef Hot Dog on Roll
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Super Power Broccoli, Dip & Zesty Baked Beans
 Fresh Fruit or Chilly Peaches

September 26
Breakfast Select 1 Entrée
 Cinnamon Dusted Dutch Waffle
Lunch Select 1 Entrée
 Max Cheese Sticks (3) w/ Marinara Dipper
 American Hoagie
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Popeye Salad, Dressing & Corn Cobette
 Chilly Applesauce or Juice Rush

September 27
Breakfast Select 1 Entrée
 French Toast Sticks (4 pc), Syrup Cup
Early Dimissal - No Lunch



September 28
Breakfast Select 1 Entrée
 Filled Crescent Chocolate OR Grape
Lunch Select 1 Entrée
 Baconburger w/wo Cheese on Roll
 Stuffed Crust Pizza (Gilardi)
 Select 1 or 2 Veggies &/or 1 or 2 Fruit
 Fresh Trio Veggie Cup & Golden Tater Tots (McCain) (9)
 Fresh Fruit or Chilly Mixed Fruit Cup



Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments.
 Menu subject to change without notice! We are an equal opportunity provider and employer. **NOW HIRING!!! Work when your children are in school - be off when they're off!!**