








WILSON SCHOOL DISTRICT - MIDDLE SCHOOLS - GRADES 6 - 8

November 2018

<p>Breakfast Daily Specials Assorted Cereals & Granolas Poptart & Cheese Stick 2- NutriGrain Bars Benefit Bar Yogurt Parfait Bagel & Cream Cheese</p>	<p>Monday <u>BREAKFAST - Select 1 Entrée</u> 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.</p>	<p>Tuesday <u>Breakfast Meal Prices</u> Elementary \$1.85 Middle School \$2.05 High School \$2.25 Reduced Price \$.30 Adult Meal \$3.25</p> 	<p>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</p>	<p>Thursday <u>Lunch Meal Prices</u> Elementary \$2.70 Middle School \$2.90 High School \$3.10 Reduced Price \$.40 Adult Meal: \$5.10</p> 	<p>Friday <u>LUNCH - Select 1 Entrée</u> 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.</p>
<p>Salad Bar Mixed Greens & Veggies Whole Grain Roll Meat & Cheese Selections Chilled Assorted Fruits</p>	  <p>FALL</p>  <p>Go Outside & Play - 60 Minutes!</p>			<p>November 1 <u>Breakfast Select 1 Entrée</u> Pillsbury Maple Burstini' Mini Pancakes <u>Lunch Select 1 Entrée</u> Chicken & Pasta Alfredo w/ Bread Stick Regular or Spicy Chicken Patty on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Cucumber Dipper Steamy Broccoli Fresh Fruit or Chilly Pears</p>	<p>November 2 <u>Breakfast Select 1 Entrée</u> Assorted Mini Donuts <u>Lunch Select 1 Entrée</u> Corn Doggie Nuggets Max Cheese Sticks w/Marinara Dipper <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggies, Dip Zesty Baked Beans Fresh Fruit or Chilly Mixed Fruit Cup</p>
<p>Grab 'n Go Meals <u>Bulldog Power Cup</u> Meat, Egg, Cheese, Whole Grain, Vegetable & /or Fruit Select a Milk <u>Yogurt Parfait</u> Yogurt, 1-cup Fruit, Grain Select Veggies Choose a Milk</p>	<p>November 5 <u>Breakfast Select 1 Entrée</u> Iced Cinnamon Roll <u>Lunch Select 1 Entrée</u> Baconburger w/wo Cheese Mickey's Cheesy Pizza Wedge <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Baby Carrots, Dip Baked Hashbrown Potatoes Fresh Fruit or Chilly Mandarin Oranges</p>	<p>November 6 <u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Biscuit (Egg & Bacon) <u>Lunch Select 1 Entrée</u> Chicken Fingers & Dips, WG Roll Berks All Beef Hot Dog on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Romaine Salad, Dressing Steamy Peas & Carrots Chilly Peaches or Frozen Juice Rush</p>	<p>November 7 <u>Breakfast Select 1 Entrée</u> Cinnamon Dusted Dutch Waffle <u>Lunch Select 1 Entrée</u> Macaroni & Cheese w/ Goldfish American Hoagie <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Red Pepper Strips, Dip Steamy Broccoli Fresh Fruit or Chilly Applesauce</p>	<p>November 8 <u>Breakfast Select 1 Entrée</u> French Toast Sticks, Syrup <u>Lunch Select 1 Entrée</u> Philly Cheesesteak Sandwich Regular OR Spicy Chicken Patty on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Celery & Cucumber, Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p>November 9 <u>Breakfast Select 1 Entrée</u> Pillsbury Filled Crescent <u>Lunch Select 1 Entrée</u> Hot Ham & Cheese on Pretzel Roll Stuffed Crust Pizza <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio of Veggies , Dip Zesty Baked Beans Fresh Fruit or Chilly Mixed Fruit Cup</p>
<p>GRAB 'N GO</p> 	<p>November 12 <u>Breakfast Select 1 Entrée</u> Bagel w/ Cream Cheese <u>Lunch Select 1 Entrée</u> Chicken Tender Wraps French Bread Pizza <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Popeye Salad, Choice of Dressing Steamy Peas Fresh Fruit or Chilly Pineapple</p>	<p>November 13 <u>Breakfast Select 1 Entrée</u> French Toast Sticks, Syrup <u>Lunch Select 1 Entrée</u> English Muffin Pizzas (3 pc) Berks All Beef Hot Dog on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Cauliflower & Cucumber, Dip Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>November 14 <u>Breakfast Select 1 Entrée</u> Cheesy Breakfast Wrap <u>Thanksgiving Feast</u> Turkey & Gravy w/ Bread Stuffing Steamy Green Beans Fluffy Potatoes Chilly Applesauce Pumpkin Ice Cream Cup (Alternate ONLY: PB & Jelly or Deli Hoagie)</p>	<p>November 15 <u>Breakfast Select 1 Entrée</u> Pillsbury Maple Burstini' Mini Pancakes <u>Lunch Select 1 Entrée</u> Nacho Salad /Taco Meat/Cheese Regular or Spicy Chicken Patty on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Crunchy Red Pepper Strips, Dip Steamy Corn Fresh Fruit or Chilly Pears</p>	<p>November 16 <u>Breakfast Select 1 Entrée</u> WG Mini Donuts (Chocolate or Powder) <u>Lunch Select 1 Entrée</u> Bulldog Cheesy Burger Max Cheese Sticks w/Marinara Dipper <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggie Cup, Dip Golden Potato Smiles Fresh Fruit or Chilly Mixed Fruit Cup</p>



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	November 19 <u>Breakfast Select 1 Entrée</u> Cinnamon Roll <u>Early Dismissal</u> Parent Teacher Conferences	November 20 <u>Breakfast Select 1 Entrée</u> Bulldog Egg & Bacon Breakfast Biscuit <u>Early Dismissal</u> Parent Teacher Conferences	November 21 <u>Breakfast Select 1 Entrée</u> Teacher Act 80 Day <u>Fall Break Begins</u> 	November 22 <u>Breakfast Select 1 Entrée</u> Fall Break 	November 23 <u>Breakfast Select 1 Entrée</u> Fall Break 
Visit The Deli Spot Assorted Cold Sandwiches Daily Uncrustable PB & J Assorted Hoagies Turkey & Cheese Sandwich Assorted Wraps Tuna or Chicken Salad Select Sandwich Fixings Fresh Veggies & Choice of Fruits Choose a Milk 	November 26 <u>School Closed</u> Fall Break 	November 27 <u>Breakfast Select 1 Entrée</u> French Toast Sticks, Syrup <u>Lunch Select 1 Entrée</u> Popcorn Chicken Bowl- Mashed, Corn, Gravy, Roll Berks All Beef Hot Dog on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Crunchy Baby Carrots, Dip Steamy Green Beans Fresh Fruit or Chilly Peaches	November 28 <u>Breakfast Select 1 Entrée</u> Cheesy Breakfast Wrap <u>Lunch Select 1 Entrée</u> Walking Taco (Meat, Cheese Sauce) Italian Hoagie <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Lettuce & Tomato Steamy Mixed Veggies Fresh Fruit or Chilly Applesauce	November 29 <u>Breakfast Select 1 Entrée</u> Pillsbury Maple Burstin' Mini Pancakes <u>Lunch Select 1 Entrée</u> Chicken & Pasta Alfredo w/ Garlic Knot Regular or Spicy Chicken Patty on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Cucumber Dipper Steamy Broccoli Fresh Fruit or Chilly Pears	November 30 <u>Breakfast Select 1 Entrée</u> Assorted Mini Donuts <u>Lunch Select 1 Entrée</u> Corn Doggie Nuggets Max Cheese Sticks w/Marinara Dipper <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggie Cup, Dip Golden Potato Smiles 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.

WE NEED YOU! NOW HIRING - Permanent & Substitute Positions! Work when your child(ren) are in school! Have off when they're off!!

