


WILSON SCHOOL DISTRICT HIGH SCHOOL MENU - GRADES 9 - 12



January 2019








<p>Fuel Your Day with <u>One of Our Breakfast Deals!</u> Large Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams Benefit Bar or 2-Nutrigrain Bars FREE! Cup Coffee when you buy a Breakfast Meal!</p>	<p>Monday BREAKFAST - Select 1 Entrée <i>Choose 1 Fruit &/or 1 Fruit Juice</i> Select Favorite Milk <i>Your Breakfast must have 3 food items, of which 1 must be a 1/2 cup of fruit or 100% fruit juice.</i></p>	<p>Tuesday Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30 Adult Breakfast \$3.25</p>	<p>Wednesday <i>Contact the Food Service Office with questions and concerns: (610) 670-0180 x 1148</i> ----- Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p>Thursday Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40 Adult Meal: \$5.10</p>	<p>Friday LUNCH - Select 1 Entrée Choose 1 or 2 Vegetables Choose 1 or 2 Fruits Select Favorite Milk <i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
<p>Choice of Milk 1% Chocolate & Strawberry 1% & FF White Lactose Free</p> 	<p>January 1 PIN 'EM Team!</p> 	<p>January 1 </p>	<p>January 2 Breakfast Select 1 Entrée Warm Dutch Waffle Lunch Select 1 Entrée Create Your Own Burger Bacon, Cheese, Lettuce, Tomato Select 1 or 2 Vegetables &/or 1 or 2 Fruit Curly Fries Crunchy Broccoli w/ Dip Fresh Fruit & Chilly Applesauce</p>	<p>January 3 Breakfast Select 1 Entrée Sausage, Egg & Cheese Slider Lunch Select 1 Entrée Walking Taco Regular or Spicy Chicken Patty on Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Crunchy Celery w/ Dip Mexican Fiesta Beans Fresh Fruit & Chilly Pears</p>	<p>January 4 Breakfast Select 1 Entrée Pillsbury Filled Crescent Lunch Select 1 Entrée Chicken Fingers w/ Dips, Dinner Roll Cheese Quesadilla w/ Marinara Sauce Select 1 or 2 Vegetables &/or 1 or 2 Fruit Oven Baked Fries Baby Carrots w/ Dip Fresh Fruit & Chilly Mixed Fruit</p>
<p>We Also Offer Variety of Pizzas Create Your Own Salad Assorted Cold Sandwiches, Wraps</p> 	<p>January 7 Breakfast Select 1 Entrée Bagel w/ Cream Cheese Lunch Select 1 Entrée Cheesy Calzone w/ Marinara Sauce Hamburger or Cheeseburger on Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Baby Carrots, Dip Oven Baked French Fries Fresh Fruit & Mandarin Oranges</p>	<p>January 8 Breakfast Select 1 Entrée French Toast Sticks w/ Syrup Lunch Select 1 Entrée Chicken Nuggets w/ Dinner Roll Beef Rib Patty on Club Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Steamy Mixed Vegetables Zesty Baked Beans Chilly Peaches & Frozen Juice Rush</p>	<p>January 9 Breakfast Select 1 Entrée Bacon & Egg Breakfast Pizza Lunch Select 1 Entrée Cheesy Baked Pasta w/ Sauce BBQ Pulled Pork on Kaiser Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Curly Fries Fresh Trio Veggies w/ Dip Fresh Fruit & Chilly Applesauce</p>	<p>January 10 Breakfast Select 1 Entrée Maple Burstin' Mini Pancakes Lunch Select 1 Entrée Cheese Sticks + Bread Stick Regular or Spicy Chicken Patty on Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Golden Onion Rings Marinara Sauce Fresh Fruit & Chilly Pears</p>	<p>January 11 Breakfast Select 1 Entrée WG Assorted Mini Donuts Lunch Select 1 Entrée Chicken Vegetable Soup w/ Biscuit Cheese Quesadilla w/ Marinara Sauce Select 1 or 2 Vegetables &/or 1 or 2 Fruit Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Mixed Fruit</p>
<p>Every Tuesday Pizza from Gianotti's</p>	<p>January 14 Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Bacon Cheeseburger Chicken Tenders w/ Soft Pretzel Select 1 or 2 Vegetables &/or 1 or 2 Fruit Baby Carrots w/ Dip Oven Baked Fries Fresh Fruits or Pineapple</p>	<p>January 15 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich Lunch Select 1 Entrée Mexican Tacos (2) Cheesy Baked Ziti Select 1 or 2 Vegetables &/or 1 or 2 Fruit Romaine Salad w/ Dressing Mexican Fiesta Beans Fresh Fruit & Chilly Peaches</p>	<p>January 16 Breakfast Select 1 Entrée Warm Dutch Waffle Lunch Select 1 Entrée Create your Own Mashed Potato Bowl Select 1 or 2 Vegetables &/or 1 or 2 Fruit Mashed Potatoes w/ Gravy Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>January 17 Breakfast Select 1 Entrée Sausage, Egg & Cheese Slider Lunch Select 1 Entrée Beefy Chili w/ Cornbread Regular or Spicy Chicken Patty on Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Crispy French Fries Steamy Mixed Vegetables Fresh Fruit & Chilly Pears</p>	<p>January 18 School Closed Go Bulldog Swimmers!! Win Your Heat!</p> 
<p>Visit Our Grab 'n Go Areas Large Yogurt Parfait Grab 'n Go Bulldog Power Cup</p> 					

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We Also Offer Variety of Pizzas Create Your Own Salad Assorted Cold Sandwiches, Wraps 	January 21 School Closed Martin Luther King Holiday 	January 22 Breakfast Select 1 Entrée French Toast Sticks w/ Syrup Lunch Select 1 Entrée Bacon Cheeseburger on Roll Buffalo Chicken Dip w/ Chips Select 1 or 2 Veggies &/or 1 or 2 Fruit Oven Baked Fries Brown Sugar Baked Beans Fresh Fruit & Chilly Peaches	January 23 Breakfast Select 1 Entrée Bacon & Egg Breakfast Pizza Lunch Select 1 Entrée Ham, Potatoes & Green Beans w/Biscuit Chicken Tenders w/ Soft Pretzel Select 1 or 2 Veggies &/or 1 or 2 Fruit Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Applesauce	January 24 Breakfast Select 1 Entrée Maple Burstin' Mini Pancakes Lunch Select 1 Entrée  Mickey's Pizza Regular or Spicy Chicken Patty on Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Oven Baked Curly Fries Steamy Mixed Vegetables Fresh Fruit & Chilly Pears	January 25 Breakfast Select 1 Entrée WG Assorted Mini Donuts Lunch Select 1 Entrée Hearty Chicken Corn Soup w/ Pretzel Cheese Quesadilla w/ Marinara Select 1 or 2 Veggies &/or 1 or 2 Fruit Steamy Broccoli Celery Sticks w/ Dip Fresh Fruit & Chilly Mixed Fruit
Every Tuesday Pizza from Gianotti's SWISH!! Score!! 	January 28 Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Beefy Tater Tot Casserole Chicken Salad Croissant Select 1 or 2 Veggies &/or 1 or 2 Fruit Tater Tots Steamy Broccoli Fresh Fruits or Pineapple	January 29 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich Lunch Select 1 Entrée Grilled Cheese Sandwich Bulldog Power Pack Select 1 or 2 Veggies &/or 1 or 2 Fruit Creamy Tomato Soup Baby Carrots w/ Dip Fresh Fruit & Chilly Peaches	January 30 Breakfast Select 1 Entrée Warm Dutch Waffle Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese Hot Ham & Cheese on Pretzel Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Steamy Broccoli Black Bean Salsa Fresh Fruit & Chilly Applesauce	January 31 Breakfast Select 1 Entrée Sausage, Egg & Cheese Slider Lunch Select 1 Entrée Regular or Spicy Chicken Patty on Roll Yogurt Parfait w/ Fruit Bread Select 1 or 2 Veggies &/or 1 or 2 Fruit Curly Fries Celery Dippers Fresh Fruit & Chilly Pears	GO Lady Bulldogs! 

Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments.

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WE NEED YOU! NOW HIRING - Permanent & Substitute Postions!



GOOD LUCK!!!
 Mid-Term Exams are coming,
 be sure to eat healthy, get
 plenty of rest and take study
 breaks to keep your brain
 actively engaged!

