

WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 5

February 2019

<p><i>Fuel Your Day with</i> WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams</p>	<p>Monday <u>BREAKFAST - Select 1 Entrée</u> Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p>Tuesday <u>Meal Prices</u> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p>Wednesday <i>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147</i> Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p>Thursday <u>Meal Prices</u> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>Friday <u>LUNCH - Select 1 Entrée</u> 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.</p>
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WE OFFER 5 CHOICES EVERY DAY AT LUNCH!!
Uncrustable PB & J
Grab 'n Go Bulldog Cup
3 - Specials



Chinese New Year - Year of the Pig



In Chinese culture the New Year celebration takes place over 2-weeks. Students in the HS Chinese class and Asian Club will be providing cultural experiences in our cafeterias beginning Feb. 5.




Choose Your Milk

- 1% Chocolate
- 1% Strawberry
- 1% White or Skim White
- Lactose Free

Grab 'n Go Meals

Bulldog Power Pack

Meat, Egg, Cheese, Whole Grain, Vegetable & /or Fruit

Select a Milk

<p>February 4 <u>Breakfast Select 1 Entrée</u> Bagel w/ Cream Cheese <u>Lunch Select 1 Entrée</u> Hamburger or Cheeseburger Calzone w/ Marinara Sauce Garden Salad w/ Cheese & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Fresh Baby Carrots w/ Dip Baked Hashbrown Potatoes Fresh Fruit or Mandarin Oranges</p>	<p>February 5 <u>Breakfast Select 1 Entrée</u> French Toast Sticks w/ Syrup <u>Chinese New Year - Fortune Cookie Day</u> Popcorn Chicken w/wo Orange Sauce & Oriental Rice Chef's Salad w/ Croutons & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Broccoli Fresh Veggies w/ Dip Chilly Peaches or Fresh Fruit</p>	<p>February 6 <u>Breakfast Select 1 Entrée</u> Bacon & Egg Breakfast Pizza <u>Lunch Select 1 Entrée</u> Cheesy Baked Pasta w/ Sauce French Bread Pizza Garden Salad w/ Cheese & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>February 7 <u>Breakfast Select 1 Entrée</u> Maple Burstin' Mini Pancakes <u>Lunch Select 1 Entrée</u> Meatball Sandwich on WG Roll Regular Chicken Patty/Roll (Spicy Gr 4-5) Chef's Salad w/ Croutons & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Fresh Celery & Cucumber w/ Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p>February 8 <u>Breakfast Select 1 Entrée</u> WG Assorted Mini Donuts <u>Lunch Select 1 Entrée</u> Chicken Noodle Soup w/ Ham & Cheese Sand. Cheese Quesadilla w/ Marinara Sauce Garden Salad w/ Cheese & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Black Bean Salsa Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>
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Yogurt Parfait Lunch

Yogurt w/ Fruit & Granola

Hot & Cold Veggies

Choice of Milk




Bulldog Power Pack

Meat & Cheese, or Egg & Ham








Hot & Cold Veggies w/ Fruit

Grain & Choice of Milk

<p>February 11 <u>Breakfast Select 1 Entrée</u> Iced Cinnamon Roll - Hadley Farms <u>Lunch Select 1 Entrée</u> French Bread Pizza Chicken Nuggets w/ Soft Pretzel Garden Salad w/ Cheese & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Oven Baked French Fries Steamy Peas Fresh Fruit & Chilly Mandarin Oranges</p>	<p>February 12 <u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Sandwich <u>Lunch Select 1 Entrée</u> Chicken Parmesan Sandwich Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Zesty Baked Beans Steamy Mixed Vegetables Fresh Fruit or Chilly Peaches</p>	<p>February 13 <u>Breakfast Select 1 Entrée</u> Warm & Snowy Dutch Waffle <u>Brunch Lunch Select 1 Entrée</u> French Toast Sticks & Sausage Philly Cheese Steak Garden Salad w/ Cheese & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Baby Carrots w/ Dip Golden Tater Tots Fresh Fruit or Chilled Fruit Juice</p>	<p>February 14 <u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese Slider <u>VALENTINE'S DAY LUNCH</u> Sweetheart Pepperoni or Cheesy Bagel Pizzas Cupid Regular or Spicy Chicken Patty/Roll Lovely Garden Salad w/ Cheese & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Oven Baked Fries Steamy Broccoli Fresh Fruit or Chilly Pears AND Valentine Ice Cream Cup</p>	<p>February 15 <u>SCHOOL CLOSED</u> Act 80 Day - Teacher In-Service</p> 
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February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fuel Your Day with WITH A GREAT START</i></p> <p>STOP IN FOR BREAKFAST</p> <p>Breakfast Yogurt Parfait Popartas & String Cheese Assorted Cereal & Grahams</p>	<p>BREAKFAST - Select 1 Entrée</p> <p>Choose 1 Fruit &/or 1 Fruit Juice</p> <p>Select Favorite Milk</p> <p>Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p>Meal Prices</p> <p>Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147</p> <p>Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p>Meal Prices</p> <p>Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>LUNCH - Select 1 Entrée</p> <p>Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk</p> <p>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
 <p>Yogurt Parfait Lunch</p> <p>Yogurt w/ Fruit & Granola</p> <p>Hot & Cold Veggies</p> <p>Choice of Milk</p> <p>GRAB 'N GO</p>	<p>February 18</p> <p>SCHOOL CLOSED</p> <p>PRESIDENT'S DAY</p> 	<p>February 19</p> <p>Breakfast Select 1 Entrée</p> <p>French Toast Sticks w/ Syrup</p> <p>Lunch Select 1 Entrée</p> <p>Cheeseburger on Roll Chicken Tenders w/ Roll Chef's Salad w/ Croutons & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Oven Baked Fries Zesty Baked Beans Fresh Fruit or Chilly Peaches</p> 	<p>February 20</p> <p>Breakfast Select 1 Entrée</p> <p>Bacon & Egg Breakfast Pizza</p> <p>Lunch Select 1 Entrée</p> <p>Beefy Chili w/ Cinnamon Roll Berks All Beef Hot Dog on Roll Garden Salad w/ Cheese & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit or Chilly Applesauce</p> 	<p>February 21</p> <p>Breakfast Select 1 Entrée</p> <p>Maple Burstin' Mini Pancakes</p> <p>Lunch Select 1 Entrée</p> <p>French Bread Pizza Regular or Spicy Chicken Patty on Roll Chef's Salad w/ Croutons & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Potato Smiles Steamy Broccoli Fresh Fruit or Chilly Pears</p>	<p>February 22</p> <p>Breakfast Select 1 Entrée</p> <p>WG Assorted Mini Donuts</p> <p>Lunch Select 1 Entrée</p> <p>Walking Taco w/ Salsa Cheese Quesadilla w/ Marinara Sauce Garden Salad w/ Cheese & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Corn Celery Sticks w/ Dip Fresh Fruit & Chilly Mixed Fruit</p>
<p>Bulldog Power Pack</p> <p>Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p> <p>Choose Your Milk</p> <p>1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p> 	<p>February 25</p> <p>Breakfast Select 1 Entrée</p> <p>Iced Cinnamon Roll</p> <p>Lunch Select 1 Entrée</p> <p>Beefy Tater Tot Casserole & Roll Berks Beef Hot Dog on Roll Garden Salad w/ Cheese & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Romaine Salad w/ Choice Dressing Golden Tater Tots Fresh Fruit & Chilly Mandarin Oranges</p> 	<p>February 26</p> <p>Breakfast Select 1 Entrée</p> <p>Bulldog Breakfast Sandwich</p> <p>Lunch Select 1 Entrée</p> <p>Grilled Cheese Sandwich Chicken Tenders w/ Roll Chef's Salad w/ Croutons & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Creamy Tomato Soup Baby Carrots w/ Dip Fresh Fruit or Chilly Peaches</p>	<p>February 27</p> <p>Breakfast Select 1 Entrée</p> <p>Warm & Snowy Dutch Waffle</p> <p>Lunch Select 1 Entrée</p> <p>Beefy Hard Shell Taco w/ Cheese Hot Ham & Cheese on Pretzel Roll Garden Salad w/ Cheese & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Corn Black Bean Salsa Fresh Fruit & Chilly Applesauce</p>	<p>February 28</p> <p>Breakfast Select 1 Entrée</p> <p>Sausage, Egg & Cheese Slider</p> <p>**NEW* Grab 'n Go *NEW**</p> <p>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</p> <p>(2) String Cheese & Cheez-Its or PB & Jelly Sandwich Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p> 	

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