














**WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 5**

**March 2019**

<p>Fuel Your Day with <b>WITH A GREAT START</b> <b>STOP IN FOR BREAKFAST</b> Breakfast Yogurt Parfait Poptarts &amp; String Cheese Assorted Cereal &amp; Grahams</p>	<p><b>Monday</b> <b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &amp;/or 1 Fruit Juice Select Favorite Milk <b>Breakfast must have 3 food items 1 must be a fruit or juice.</b></p>	<p><b>Tuesday</b> <b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p><b>Wednesday</b> Call the Food Service Office with questions and concerns (610) 670-0180 x 1147 <b>Menu subject to change without notice!</b> We are an equal opportunity provider and employer.</p>	<p><b>Thursday</b> <b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p><b>Friday</b> <b>LUNCH - Select 1 Entrée</b> 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>
<p> <b>WE OFFER 5 CHOICES EVERY DAY AT LUNCH!!</b> Uncrustable PB &amp; J Grab 'n Go Bulldog Cup 3 - Specials</p>	<p><b>School Breakfast Week!</b> Join in the fun the week of March 4 as we celebrate National School Breakfast Week!</p> 	<p> <b>Check the Food Services website for fun activities and games.</b></p>	<p><b>Apple Trivia</b></p> <p>How many varieties of Apples are grown in the United States?</p> <p>How many pounds of Fresh Apples do students eat at Wilson per school year?</p> <p>What is the real name of the person commonly known as 'Johnny Appleseed'?</p> <p>What 4 nutrition benefits do apples provide our bodies?</p>  <p><b>Check the menu website for the answer!</b></p>		<p><b>March 1</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Filled Crescent <b>Lunch Select 1 Entrée</b>  Walking Taco (Chips, Taco Meat, Cheese Sauce) Max Cheese Sticks w/Marinara Dipper Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Side Salad w/ Choice of Dressing Chick Peas w/ Salsa Fresh Fruit &amp; Chilly Mixed Fruit</p>
<p><b>Choose Your Milk</b> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free <b>Grab 'n Go Meals</b> <b>Bulldog Power Pack</b> Meat, Egg, Cheese, Whole Grain, Vegetable &amp; /or Fruit Select a Milk</p>	<p><b>March 4</b> <b>Breakfast Select 1 Entrée</b> Bagel w/ Cream Cheese <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger Calzone w/ Marinara Sauce Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Baby Carrots w/ Dip Baked Hashbrown Potatoes Fresh Fruit or Mandarin Oranges</p> 	<p><b>March 5</b> <b>Breakfast Select 1 Entrée</b> French Toast Sticks w/ Syrup <b>Lunch Select 1 Entrée</b> Popcorn Chicken w/ Pretzel Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Celery w/ Dip Zesty Baked Beans Chilly Peaches or Fresh Fruit</p>	<p><b>March 6</b> <b>Breakfast Select 1 Entrée</b> Bacon &amp; Egg Breakfast Pizza <b>Lunch Select 1 Entrée</b> Cheesy Baked Pasta w/ Sauce French Bread Pizza Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit &amp; Chilly Applesauce</p> 	<p><b>March 7</b> <b>Breakfast Select 1 Entrée</b> Pancake Wrapped Sausage <b>Lunch Select 1 Entrée</b> Meatball Sandwich on WG Roll Regular Chicken Patty/Roll (Spicy Gr 4-5) Chef's Salad w/ Croutons &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Golden Onion Rings Steamy Cheesy Broccoli Fresh Fruit or Chilly Pears</p>	<p><b>March 8</b> <b>Breakfast Select 1 Entrée</b> WG Assorted Mini Donuts <b>Lunch Select 1 Entrée</b> Chicken Noodle Soup w/ Ham &amp; Cheese Sand. Mickey's Cheese Pizza Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Golden Tater Tots Fresh Veggies w/ Dip Fresh Fruit or Chilly Mixed Fruit</p>
<p><b>Yogurt Parfait Lunch</b> Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choice of Milk  <b>Bulldog Power Pack</b> Meat &amp; Cheese, or Egg &amp; Ham Hot &amp; Cold Veggies w/ Fruit Grain &amp; Choice of Milk</p>	<p><b>March 11</b> <b>Breakfast Select 1 Entrée</b> Iced Cinnamon Roll <b>Lunch Select 1 Entrée</b> Chicken Nuggets w/ Soft Pretzel Max Cheese Sticks w/ Marinara Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Oven Baked French Fries Steamy Peas Fresh Fruit &amp; Chilly Mandarin Oranges</p> 	<p><b>March 12</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich <b>Lunch Select 1 Entrée</b> Chicken Parmesan Sandwich Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Zesty Baked Beans Steamy Mixed Vegetables Fresh Fruit or Chilly Peaches</p>	<p><b>March 13</b> <b>Breakfast Select 1 Entrée</b> Warm &amp; Snowy Dutch Waffle <b>Brunch Lunch Select 1 Entrée</b> French Toast Sticks &amp; Egg on a Stick Philly Cheese Steak Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Golden Tater Tots Crunchy Celery w/ Dip Fresh Fruit or Chilled Fruit Juice</p>	<p><b>March 14</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg &amp; Cheese Slider <b>Lunch Select 1 Entrée</b> Beefy Sloppy Joe on Roll w/ Cheese Regular or Spicy Chicken Patty/Roll Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Oven Baked Fries Steamy Broccoli Fresh Fruit or Chilly Pears</p> 	<p><b>March 15</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Filled Crescent <b>Lunch Select 1 Entrée</b> Breaded Fish Sandwich Mickey's Cheese Pizza Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Fresh Veggies w/ Dip Honey Carrot Coins Fresh Fruit or Applesauce</p>

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	<p><b>March 18</b> <b>Breakfast Select 1 Entrée</b> Bagel w/ Cream Cheese <b>Lunch Select 1 Entrée</b> Chicken Tenders w/ Goldfish Stuffed Crust Pizza Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Cucumber &amp; Celery w/ Dip Steamy Peas &amp; Carrots Fresh Fruit &amp; Shamrock Cookie</p>	<p><b>March 19</b> <b>Breakfast Select 1 Entrée</b> French Toast Sticks w/ Syrup <b>Lunch Select 1 Entrée</b> Walking Taco w/ Beef &amp; Cheese Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Corn Chick Peas w/ Salsa Fresh Fruit or Chilly Peaches</p>	<p><b>March 20</b> <b>Breakfast Select 1 Entrée</b> Bacon &amp; Egg Breakfast Pizza <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger American Hoagie on Club Roll Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Green Beans Baby Carrots w/ Dip Applesauce &amp; Ice Cream Treat</p>	<p><b>March 21</b> <b>Breakfast Select 1 Entrée</b> Maple Burst'n' Mini Pancakes <b>Lunch Select 1 Entrée</b> English Muffin Pizza - Cheese or Pepperoni Regular or Spicy Chicken Patty on Roll Chef's Salad w/ Croutons &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Potato Smiles Steamy Broccoli Fresh Fruit or Chilly Pears</p>	<p><b>March 22</b> <b>Breakfast Select 1 Entrée</b> WG Assorted Mini Donuts <b>Lunch Select 1 Entrée</b> Breaded Fish Sandwich w/ Mac &amp; Cheese Mickey's Cheese Pizza Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Peas Fresh Veggies w/ Dip Fresh Fruit &amp; Chilly Mixed Fruit</p>
<p><b>March 25</b> <b>Breakfast Select 1 Entrée</b> Iced Cinnamon Roll <b>Lunch Select 1 Entrée</b> Beefy Tater Tot Casserole &amp; Roll Chicken Tenders w/ Roll Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Golden Tater Tots Romaine Salad w/ Choice of Dressing Fresh Fruit &amp; Chilly Mandarin Oranges</p>	<p><b>March 26</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Creamy Tomato Soup Baby Carrots w/ Dip Fresh Fruit or Chilly Peaches</p>	<p><b>March 27</b> <b>Breakfast Select 1 Entrée</b> Warm &amp; Snowy Dutch Waffle <b>Lunch Select 1 Entrée</b> Beefy Hard Shell Taco w/ Cheese Hot Ham &amp; Cheese on Pretzel Roll Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Corn Black Bean Salsa Fresh Fruit &amp; Chilly Applesauce</p>	<p><b>March 28</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg &amp; Cheese Slider <b>**NEW* Grab 'n Go *NEW**</b> <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> <b>(2) String Cheese &amp; Cheez-Its</b> <b>or PB &amp; Jelly Sandwich</b> <b>Fresh Veggies w/ Ranch Dressing</b> Variety of Fruit Choice of Milk</p>	<p><b>March 29</b> <b>Breakfast Select 1 Entrée</b> Pillsbury Filled Crescent <b>Lunch Select 1 Entrée</b> Walking Taco w/ Salsa Max Cheese Sticks w/Marinara Dipper Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Fresh Veggies w/ Dip Steamy Green Beans Fresh Fruit &amp; Chilly Mixed Fruit</p>	

Use e-Funds for Schools to put money into your child's account at [www.wilsonsd.org](http://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!



Spring...  
*In like a Lion...  
will it go out like  
a Lamb?*

