










**WILSON SCHOOL DISTRICT** Grades 6-8

March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fuel Your Day with</i> <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>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>Meal Prices</b> 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 ----- Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p><b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p><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>School Breakfast Week!</b> Join in the fun the week of March 4 as we celebrate National School Breakfast Week! We're even featuring a Breakfast Entrée every day at Lunch!</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>Check the menu website for the answer!</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>WE OFFER 5 CHOICES EVERY DAY AT LUNCH!!</b> Uncrustable PB &amp; J Grab 'n Go Bulldog Cup 3 - Specials</p>	<p><b>March 4</b> <b>School Breakfast Week!</b> Bagel w/ Cream Cheese <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on Roll <b>Brunch Lunch:</b> Pancake Wrapped Sausages w/ Syrup Cup 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>School Breakfast Week!</b> French Toast Sticks w/ Syrup <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dog on Roll <b>Brunch Lunch:</b> Yogurt Banana Split w/ Granola &amp; Muffin Loaf 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>School Breakfast Week!</b> Bacon &amp; Egg Breakfast Pizza <b>Lunch Select 1 Entrée</b> Cheesy Baked Pasta w/ Sauce <b>Brunch Lunch:</b> Dutch Waffle Sandwich w/Ham &amp; Cheese 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>School Breakfast Week!</b> Iced Cinnamon Roll <b>Lunch Select 1 Entrée</b> Regular Chicken Patty/Roll (Spicy Gr 4-5) <b>Brunch Lunch:</b> French Toast Sticks &amp; Egg on a Stick 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>School Breakfast Week!</b> Assorted Mini Donuts <b>Lunch Select 1 Entrée</b> Mickey's Pizza Wedge <b>Brunch Lunch:</b> Egg McBulldog Sandwich Garden Salad w/ Cheese &amp; Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Golden Tater Tots Crunchy Fresh Veggies Fresh Fruit or Orange Juice</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 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 Dipper 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> Steamy Mixed Veggies Zesty Baked Beans 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> <b>Brunch Lunch:</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 Club Roll w/ Cheese 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> Oven Baked French Fries Crunchy Broccoli w/ Dip 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 Pizza Wedge 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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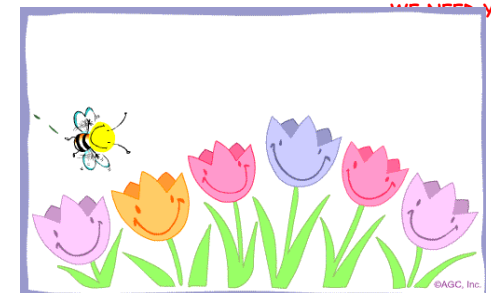
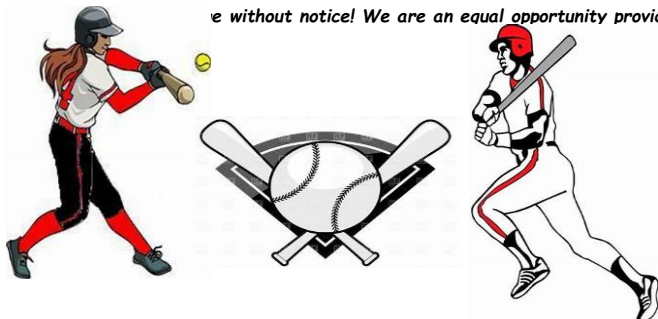
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<p><i>Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST</i></p> <p>Breakfast Yogurt Parfait Poptarts &amp; String Cheese Assorted Cereal &amp; Grahams</p>	<p><b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &amp;/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p><b>Meal Prices</b> 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> <hr/> <p>Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p><b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p><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>Yogurt Parfait Lunch</b> Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choice of Milk</p> <p><b>GRAB 'N GO</b></p>	<p><b>March 18</b></p> <p><b>Breakfast Select 1 Entrée</b> Bagel w/ Cream Cheese</p> <p><b>Lunch Select 1 Entrée</b> Chicken Tenders w/ Dinner Roll Stuffed Crust Pizza Garden Salad w/ Cheese &amp; Roll</p> <p><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></p> <p><b>Breakfast Select 1 Entrée</b> French Toast Sticks w/ Syrup</p> <p><b>Lunch Select 1 Entrée</b> Walking Taco (Chips, Taco Meat, Cheese Sauce) Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons &amp; Roll</p> <p><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- 1st Day of Spring</b></p> <p><b>Breakfast Select 1 Entrée</b> Bacon &amp; Egg Breakfast Pizza</p> <p><b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on Roll American Hoagie on Club Roll Garden Salad w/ Cheese &amp; Roll</p> <p><b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Green Beans Baby Carrots w/ Dip Chilly Applesauce &amp; Ice Cream Treat</p>	<p><b>March 21</b></p> <p><b>Breakfast Select 1 Entrée</b> Pancake Wrapped Sausages/Syrup</p> <p><b>Lunch Select 1 Entrée</b> English Muffin Pizza - Cheese or Pepperoni Regular Chicken Patty/Roll (Spicy Gr 4-5) Chef's Salad w/ Croutons &amp; Roll</p> <p><b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Emoji &amp; Smile Potatoes Crunchy Broccoli w/ Dip Fresh Fruit or Chilly Pears</p>	<p><b>March 22</b></p> <p><b>Breakfast Select 1 Entrée</b> Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b> Assorted Fish Entrees w/ Roll Mickey's Pizza Wedge Garden Salad w/ Cheese &amp; Roll</p> <p><b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Fresh Veggies w/ Dip Steamy Peas Fresh Fruit &amp; Chilly Mixed Fruit</p>
<p><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>Choose Your Milk</b> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p><b>March 25</b></p> <p><b>Breakfast Select 1 Entrée</b> Iced Cinnamon Roll</p> <p><b>Lunch Select 1 Entrée</b> Beefy Tater Tot Casserole &amp; Roll Chicken Tenders w/ Dinner Roll Garden Salad w/ Cheese &amp; Roll</p> <p><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></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich</p> <p><b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons &amp; Roll</p> <p><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></p> <p><b>Breakfast Select 1 Entrée</b> Warm &amp; Snowy Dutch Waffle</p> <p><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</p> <p><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></p> <p><b>Breakfast Select 1 Entrée</b> Sausage, Egg &amp; Cheese Slider</p> <p><b>**NEW* Grab 'n Go *NEW**</b> Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available (2) String Cheese &amp; Cheez-Its or PB &amp; Jelly Sandwich Fresh Veggies w/ Ranch Dressing</p> <p><b>Variety of Fruit</b> Choice of Milk</p>	<p><b>March 29</b></p> <p><b>Breakfast Select 1 Entrée</b> Pillsbury Filled Crescent</p> <p><b>Lunch Select 1 Entrée</b> Assorted Fish Entrees w/ Roll Max Cheese Sticks w/Marinara Dipper Garden Salad w/ Cheese &amp; Roll</p> <p><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.

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