









WILSON SCHOOL DISTRICT MIDDLE SCHOOL GRADES 6 - 8

April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait Popstarts & String Cheese Assorted Cereal & Grahams</p>	<p>BREAKFAST - Select 1 Entrée 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>Meal Prices 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>Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1 Fruit, 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></p> <p>WE OFFER 5 CHOICES EVERY DAY AT LUNCH!! Uncrustable PB & J Grab 'n Go Bulldog Cup 3 - Specials</p>	<p>April Fool's Day FastBreak, Choose 1 Cheese Cream/ w Bagel Lunch Select 1 Entrée Burger Cheese or Ham Bun on Sauce Marinara /w Calzone Roll & Cheese /w Salad Garden Select 2 servings each Veggies & Fruit Dip /w Carrots Baby Fresh Potatoes Hashbrown Baked Pears Chilly or Fruit Fresh</p>	<p>April 2 Breakfast Select 1 Entrée French Toast Sticks w/ Syrup Lunch Select 1 Entrée Popcorn Chicken w/Dinner Roll & Dips Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons & Roll Select 2 servings each Veggies & Fruit Steamy Broccoli Fresh Veggies w/ Dip Chilly Peaches or Fresh Fruit</p>	<p>April 3 Breakfast Select 1 Entrée Bacon & Egg Breakfast Pizza Lunch Select 1 Entrée Cheesy Baked Pasta w/ Sauce Stuffed Crust Garden Salad w/ Cheese & Roll Select 2 servings each Veggies & Fruit Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>April 4 Breakfast Select 1 Entrée Pancake Wrapped Sausages Lunch Select 1 Entrée Meatball Sandwich on WG Roll Regular Chicken Patty/Roll (Spicy Gr 4-5) Chef's Salad w/ Croutons & Roll Select 2 servings each Veggies & Fruit Fresh Celery & Cucumber w/ Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p>April 5 Breakfast Select 1 Entrée WG Assorted Mini Donuts Lunch Select 1 Entrée Chicken Noodle Soup w/ Ham Sand. Cheese Quesadilla w/ Marinara Sauce Garden Salad w/ Cheese & Roll Select 2 servings each Veggies & Fruit Black Bean Salsa Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>
<p></p> <p>Choose Your Milk 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p> <p>Grab 'n Go Meals Bulldog Power Pack Meat, Egg, Cheese, Whole Grain, Vegetable & /or Fruit Select a Milk</p>	<p>April 8 Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée French Bread Pizza Chicken Nuggets w/ Soft Pretzel Garden Salad w/ Cheese & Roll Select 2 servings each Veggies & Fruit Golden French Fries Steamy Broccoli Fresh Fruit & Chilly Mandarin Oranges</p>	<p>April 9 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich National Unicorn Day! <i>Unicorn Parfait w/ Fruit, Lucky Charms, Sprinkles & Muffin Loaf</i> Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons & Roll Select 2 servings each Veggies & Fruit Crunchy Cucumber Sticks w/ Dip Golden Emoji Potatoes Fresh Fruit or Chilly Peaches</p>	<p>April 10 Breakfast Select 1 Entrée Warm & Snowy Dutch Waffle Lunch Select 1 Entrée American Hoagie w/Sandwich Fixings Philly Style Cheese Steak Garden Salad w/ Cheese & Roll Select 2 servings each Veggies & Fruit Baby Carrots w/ Dip Golden Tater Tots Fresh Fruit or Chilled Applesauce</p>	<p>April 11 Breakfast Select 1 Entrée Sausage, Egg & Cheese Slider Lunch Select 1 Entrée Chicken Parmesan Sandwich Mini Corn Dogs Chef's Salad w/ Croutons & Roll Select 2 servings each Veggies & Fruit Zesty Baked Beans Golden Shoestring Fries Fresh Fruit or Chilly Pears</p>	<p>April 12 Breakfast Select 1 Entrée Pillsbury Filled Crescent Lunch Select 1 Entrée Pepperoni or Cheesy Bagel Pizzas Regular or Spicy Chicken Patty/Roll Garden Salad w/ Cheese & Roll Select 2 servings each Veggies & Fruit Baby Carrots w/ Dip Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>
<p>Yogurt Parfait Lunch Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk </p> <p>Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p>	<p>April 15 Breakfast Select 1 Entrée Bagel w/ Cream Cheese Lunch Select 1 Entrée Cheeseburger on Roll Chicken Tenders w/ Roll Garden Salad w/ Cheese & Roll Select 2 servings each Veggies & Fruit Golden French Fries Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>April 16 Breakfast Select 1 Entrée French Toast Sticks w/ Syrup Lunch Select 1 Entrée Walking Taco w/ Salsa Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons & Roll Select 2 servings each Veggies & Fruit Romaine Side Salad w/ Dressing Pkt. Crunchy Baby Carrots Fresh Fruit or Chilly Peaches</p>	<p>April 17 Breakfast Select 1 Entrée Bacon & Egg Breakfast Pizza Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Roll Max Cheese Sticks w/Marinara Dipper Garden Salad w/ Cheese & Roll Select 2 servings each Veggies & Fruit Fluffy Whipped Potatoes Golden Corn or Fresh Veggies Fresh Fruit or Chilly Applesauce</p>	<p>April 18 SPRING BREAK </p>	<p>April 19 SPRING BREAK </p>

WILSON SCHOOL DISTRICT MIDDLE SCHOOL GRADES 6 - 8

April 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>Yogurt Parfait Lunch Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk GRAB N GO</p> <p>Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p> <p>Choose Your Milk 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p>Monday</p> <p>BREAKFAST - Select 1 Entrée 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</p> <p>Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p>Wednesday</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>Thursday</p> <p>Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>Friday</p> <p>LUNCH - Select 1 Entrée 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>April 22</p> <p>SPRING BREAK</p> 	<p>April 23</p> <p>Breakfast Select 1 Entrée Bulldog Breakfast Sandwich</p> <p>Lunch Select 1 Entrée Grilled Cheese Sandwich Chicken Tenders w/ Roll Chef's Salad w/ Croutons & Roll <u>Select 2 servings each Veggies & Fruit</u> Creamy Tomato Soup Golden Potato Smiles Fresh Fruit or Chilly Peaches</p>	<p>April 24</p> <p>Breakfast Select 1 Entrée Warm & Snowy Dutch Waffle</p> <p>Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese Hot Ham & Cheese on Pretzel Roll Garden Salad w/ Cheese & Roll <u>Select 2 servings each Veggies & Fruit</u> Steamy Corn Black Bean Salsa Fresh Fruit & Chilly Applesauce</p>	<p>April 25</p> <p>Breakfast Select 1 Entrée Sausage, Egg & Cheese Slider</p> <p>Lunch Select 1 Entrée Creamy Macaroni & Cheese, Gold Fish Mini Corn Dogs Chef's Salad w/ Croutons & Roll <u>Select 2 servings each Veggies & Fruit</u> Steamy Honey Carrots Steamy Green Beans Fresh Fruit & Chilly Pears</p>	<p>April 26</p> <p>Breakfast Select 1 Entrée Pillsbury Filled Crescent</p> <p>Lunch Select 1 Entrée Regular or Spicy Chicken Patty/Roll Mickey's Pizza Wedge Garden Salad w/ Cheese & Roll <u>Select 2 servings each Veggies & Fruit</u> Side Salad w/ Choice of Dressing Golden French Fries Fresh Fruit & Chilly Mixed Fruit</p>
<p>April 29</p> <p>Breakfast Select 1 Entrée Bagel w/ Cream Cheese</p> <p>Lunch Select 1 Entrée Hamburger or Cheeseburger Calzone w/ Marinara Sauce Garden Salad w/ Cheese & Roll <u>Select 2 servings each Veggies & Fruit</u> Fresh Baby Carrots w/ Dip Golden Onion Rings Fresh Fruit or Mandarin Oranges</p>	<p>April 30</p> <p>Breakfast Select 1 Entrée French Toast Sticks w/ Syrup</p> <p>Lunch Select 1 Entrée Popcorn Chicken Bowl w/ Gravy & Roll Berks All Beef Hot Dog on Roll Chef's Salad w/ Croutons & Roll <u>Select 2 servings each Veggies & Fruit</u> Whipped Potatoes Golden Corn or Fresh Veggies Chilly Peaches or Fresh Fruit</p>	<p>APRIL SHOWERS BRING MAY FLOWERS</p> 		<p>What Will You Plant In Your Garden?</p> <p>1 2 3 4 5 6 7 8</p>	

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

: an equal opportunity provider.

NEED YOU! NOW HIRING - Permanent & Substitute Positions!

Tips for Your Spring & Summer Garden

1. Decide on the vegetables you want to plant - try something new!
2. Purchase seeds and start any seeds that during April.
3. Plan where you will have your garden. Sunny spots are best.
4. If you are going to have raised beds, work with your parents to build garden boxes.
 5. Prepare your plot - till the soil.
 6. Plant the seeds.
 7. Water, weed, watch it GROW!

