

Wilson Breakfast and Lunch



MONDAY

Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!

TUESDAY

WEDNESDAY



THURSDAY

Yogurt & Bug Bite Grahams Galaxy Pizza

FRIDAY

Apple Cinnamon Muffin & Grahams Chicken Corn Dog

1% unflavored and fat free chocolate milk offered at every meal

5

Bagel & Cream Cheese Grilled Cheese Sandwich (v) 6

Banana Bread BBQ Beef Riblet on a Bun w/Smile

Strawberry Nutrigrain Bar & Grahams Cheeseburger & Tater Tots

8

Blueberry Muffin & String Cheese Galaxy Cheese Pizza (v)

Benefit Bar

Galaxy Pepperoni Pizza

Yogurt & Bug Bite Grahams

Galaxy Cheese Pizza (v)

9

2

Mini Powdered Sugar Donuts Teriyaki Dippers & Brown Rice

You must select 1/2 cup fruit or vegetables with lunch, 1/2 cup with breakfast. You may select more

12

Cinnamon Bun Green Chile Cheese Tamale (v) 13

Concha Chicken & Vegetable Dumplings w/Brown Rice

14

Ultimate Breakfast Round Cheeseburger & Tater Tots 15

16

Banana Muffin w/Grahams Miller's All Beef Uncured Hot Dog

All meals are offered at NO COST to all students.

19

Pumpkin Bread Bean & Cheese Burrito (v) 20

Cinnamon Bun Chicken Nuggets & Biscuit 21

Concha Crispy Chicken Sandwich 22

23

30

Pop Tarts

Smucker's PB and J Uncrustable & String Cheese

Limit of one breakfast and one lunch per student per day, please.

26

MEMORIAL DAY NO SCHOOL

27

Concha BBQ Beef Riblet on a Bun w/Smile Fries

28

Strawberry Nutrigrain Bar w/Grahams Cheeseburger & Tater Tots

29

Mini Powdered Sugar Donuts Hot Ham(Turkey) and Cheese

Sandwich

Blueberry Muffin & String Cheese Galaxy Cheese Pizza (v)

This institution is an equal opportunity provider.