

Wilson Area Elementary Schools  
 August/September 2010  
 www.wilsonareasd.org



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Balance Choice</b> Aug 30 <b>Pizza Dunkers w/ Cheese</b> <b>Tomato dipping sauce</b> Or Ham & Cheese on Whole Wheat Bun Corn, <b>Apple</b> <b>Lowfat Milk Choice</b>	Aug 31 Popcorn Chicken Dinner Roll Or Italian Meatball Sandwich Tossed Salad Applesauce Lowfat Milk Choice	1 Hot Dog w/ Pickles Or Cheese Steak Baked Beans Potato Salad Peach Lowfat Milk Choice	2 <b>Balance Choice</b> <b>Chicken Patty on a Bun</b> Or Garden Salad w/ Cheese & WW crackers <b>Seasoned Carrots</b> <b>Orange</b> <b>Lowfat White Milk</b>	3 School Closed  <b>September is PEACH Month</b>
Peanut Butter and Jelly on WW available Daily				
6  <b>Labor Day</b>	7 <b>Balance Choice</b> <b>Baked Chicken Nuggets</b> <b>Dinner Roll</b> Or Turkey & Cheese on Whole Wheat Bun <b>Mixed Vegetables</b> <b>Pineapples</b> <b>Lowfat Milk Choice</b>	8 <b>Balance Choice</b> Pizza Dunkers w/ Cheese Tomato dipping sauce Or <b>Chicken Fajita w/ Salsa</b> <b>Seasoned Corn</b> <b>Apple</b> <b>Lowfat Milk Choice</b>	9 Soft Shell Taco Lettuce & Salsa Or Garden Salad w/ Cheese & WW crackers Seasoned Carrots Peach Lowfat Milk Choice	10 <b>Balance Choice</b> Cheese Pizza Or <b>Spaghetti w/ Italian Meat sauce &amp; Dinner Roll</b> <b>Tossed Salad</b> <b>Pineapples</b> <b>Lowfat Milk Choice</b>
13 <b>Balance Choice</b> Pizza Sticks with Tomato dipping sauce or <b>Turkey &amp; Cheese Sandwich on WW Roll w/ Animal Crackers</b> <b>Fresh Broccoli</b> <b>Peach</b> <b>Lowfat Milk Choice</b>	14 <b>Balance Choice</b> Baked Chicken Strips Dinner Roll Or <b>Sloppy Joe on a whole wheat bun</b> <b>Seasoned Corn</b> Apple <b>Lowfat Milk Choice</b>	15 <u>Lunch Bag Day</u> Cheese Burger Or Hot Dog Potato Chips Baby Carrots Apple Juice Lowfat Milk Choice	16 <b>Balance Choice</b> Nacho's with Cheese and Chili Or <b>Chicken Caesar Salad w/ Whole Wheat Bread</b> Green Beans <b>Applesauce</b> <b>Lowfat Milk Choice</b>	17 French Bread Pizza Or Hot Ham & Cheese Bagel Tossed Salad Chilled Fruit Cocktail Lowfat Milk Choice
20 <b>Balance Choice</b> <b>Pizza Dunkers w/ Cheese</b> <b>Tomato dipping sauce</b> Or It. Meatball Sandwich Seasoned Peas <b>Apple</b> <b>Lowfat Milk Choice</b>	21 <b>Balance Choice</b> Popcorn Chicken Dinner Roll Or <b>Beef a Roni w/ WW Roll</b> <b>Seasoned Corn</b> <b>Chilled Peaches</b> <b>Lowfat Milk Choice</b>	22 <b>Balance Choice</b> <b>Chicken Patty on a Bun</b> Or Cheese Steak <b>Seasoned Carrots</b> <b>Orange Smiles</b> <b>Lowfat Milk Choice</b>	23 Soft Shell Taco Lettuce & Salsa Or Garden Salad w/ Cheese & WW crackers Seasoned Broccoli Pineapples Lowfat Milk Choice	24 <b>Balance Choice</b> Round Pizza Or <b>Turkey &amp; Cheese Sandwich on a Roll w/ Vegetable Pasta Salad</b> Tossed Salad <b>Pears</b> <b>Lowfat Milk Choice</b>
27 French Toast Sticks w/ Sausage Chicken Ranch Wrap Potato Patty Apple Juice Lowfat Milk Choice	28 <b>Balance Choice</b> Baked Chicken Nuggets w/ whole Grain Rice Or <b>Pizza Bagel Fun Lunch</b> <b>Fresh Carrots</b> <b>Pears</b> <b>Lowfat Milk Choice</b>	29 <b>Balance Choice</b> Hot Dog w/ Pickles Or <b>Chicken Salad on a Roll w/ Vegetable Pasta Salad</b> Seasoned Green Beans <b>Fruit Cocktail</b> <b>Lowfat Milk Choice</b>	30 Nacho Tacos Lettuce & Salsa Or Garden Salad w/ Cheese & WW crackers Seasoned Peas Chilled Pears Lowfat Milk Choice	

Milk choices include skim & 1% white, 1% chocolate, and 1% strawberry

Karen Waitz, Director of Dining Services  
 Phone: 484-373-6110  
 Email address: [kwaitz@wilsonareasd.org](mailto:kwaitz@wilsonareasd.org)

Elementary Lunch	\$2.10
Adult Lunch	\$2.85
All Entrees	\$2.00
Toasted Cheese	\$1.50
Hot Dog	\$1.25
Peanut Butter & Jelly Sandwich	\$1.10

**Looking for a Healthy Meal?**

Chartwells signature **Balanced Choice** Meal guidance system sets

*Nutritional parameters for school menus. **Balanced Choice** meals supply sufficient nutrients students need to grow and learn (calories, protein, key vitamins and minerals and fiber) while being lower in fat, saturated fat, cholesterol and sodium.*

*Balance Choice meals can be identified in the bold letters*






**Looking for a Healthy Snack?**

Foods with the Balanced Choice logo contain less than 30% of their calories from fat

**Snacks**

-  Pretzels... \$.65
-  Fresh Fruit...\$.60
-  Frito Lay Baked Snacks...\$.65
-  Jungle Crackers... \$.40
-  Rice Krispy Treat...\$.75
-  Granola Bar...\$.60
-  Fruit Roll Ups...\$.65
- String Cheese...\$.60

**Beverages**

-  Bottled Water...\$1.00
-  Sun Cup 100% juice...\$.50
-  Capri Sun Fruit Waves \$.75
- Lemonade \$.55
- Milk \$.40

Bagel/Yogurt Fun Lunch Includes:  
 Yogurt Cup  
 Mini Bagel  
 with Peanut Butter  
 Baby Carrots  
 Orange  
 1% Low fat Milk

Menu, Snacks and Beverages are subject to change

For Menu updates Call  
 484-373-6110  
 or log onto [www.wilsonareasd.org](http://www.wilsonareasd.org)