



**Philip F. Lauer Middle School**

**August/September 2010**

**www.wilsonareasd.org**



8/30 Pizza Dunkers w/ Cheese Tomato dipping sauce Seasoned Corn Apple Lowfat Milk Choice	8/31 Popcorn Chicken Dinner Roll Tossed Salad Applesauce Lowfat Milk Choice	1 <b>BAJA FLATS</b> Cheesesteaks Potato Salad Peach Lowfat Milk Choice	2 Chicken Cordon Bleu on a Roll Seasoned Carrots Orange Lowfat Milk Choice	3 School Closed  <b>September is PEACH Month</b>
6 Labor Day	7 Baked Chicken Nuggets Dinner Roll Mixed Vegetables Pineapples Lowfat Milk Choice	8 Pizza Dunkers w/ Tomato dipping sauce Seasoned Corn Apple Lowfat Milk Choice	9 Soft Shell Taco Wrap Lettuce & Salsa Seasoned Carrots Peach Lowfat Milk Choice	10 Pasta w/Italian Meat sauce Tossed Salad Pineapples Lowfat Milk Choice
13 Pizza Sticks with Tomato dipping sauce Fresh Broccoli Peach Lowfat Milk Choice	14 Baked Chicken Strips Dinner Roll Tossed Salad Apple Lowfat Milk Choice	15 Hot Dog w/ Toppings Potato Chips Baby Carrots Juice Lowfat Milk Choice	16 Nacho's with Cheese and Chili Seasoned Green Beans Applesauce Lowfat Milk Choice	17 Hot Ham & Cheese on a Bagel Tossed Salad Fruit Cocktail Lowfat Milk Choice
20 Pizza Dunkers w/ Cheese Tomato dipping sauce Tossed Salad Apple Lowfat Milk Choice	21 Baked Popcorn Chicken Dinner Roll Seasoned Corn Peaches Lowfat Milk Choice	22 Chicken Parmesan on a Roll Seasoned Carrots Orange Smiles Lowfat Milk Choice	23 Soft Shell Taco Wrap Lettuce & Salsa Seasoned Broccoli Pineapples Lowfat Milk Choice	24 Meatballs over Pasta w/ Dinner roll Tossed Salad Pears Lowfat Milk Choice
27 French Toast Sticks with Sausage Potato Patty Juice Lowfat Milk Choice	28 Baked Chicken Nuggets Whole Grain Brown Rice Fresh Carrots Pears Lowfat Milk Choice	29 Hot Ham & Cheese on a Bagel Baby Carrots Fruit Cocktail Lowfat Milk Choice	30 Nacho Tacos Lettuce & Salsa Seasoned Peas Banana Lowfat Milk Choice	



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:** Garden Salad w/ Cheese

**Specialty Salads**

- Monday- Popcorn Chicken Salad
- Tuesday- Sicilian Pasta Salad
- Wednesday- Cobb Salad
- Thursday- Deli Chef Salad
- Friday- Taco Salad



September is  
PEACH  
Month

See Cafeteria daily for extra entrée's and specials



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:** Cheese Pizza

**Specialty Pizza**

- Monday- Pepperoni
- Tuesday- Roasted Garlic White Pizza
- Wednesday- Sausage
- Thursday- German Pizza
- Friday- Meat Lover's Pizza



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:**

Hamburger, Cheeseburger and Chicken Sandwich

**Daily BALANCED**

**CHOICE™ SPECIALS**

- Monday- Chicken Fajita Wrap
- Tuesday- Chicken Parmesan Wrap
- Wednesday- Chicken Ranch Wrap
- Thursday- Buffalo Chicken Wrap
- Friday- BBQ Chicken Wrap



**BALANCED CHOICE SPECIALS are Available with Seasoned Corn, Fresh Fruit and 1%Milk**



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:** American Hoagie



**BALANCED CHOICE SPECIALS are Available with the Specialty Salad of the day, Fresh Fruit and 1%Milk**

Student Lunch \$2.20  
Menu Subject to Change

# Wilson Area School District Breakfast At School

THE BEST DEAL IN TOWN....

*School Breakfast* is available EVERY day and provides complete nutrition at a reasonable cost.

*School Breakfast* is available at a free or reduced cost to all students who qualify for free or reduced lunches.

Won't you join us?

### *Brake For Breakfast*

Choose from a variety of Breakfast items daily like:

Choice of Cereal  
Bagels  
Muffins  
Breakfast Bars  
Yogurt  
And much more!

### *All Breakfasts Include:*

100% Fruit Juice or Chilled Fruit  
Choice of Milk



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.

# Wilson Area School District Philip F. Lauer Middle School

Breakfast &  
Lunch Menu



August/September 2010

[www.wilsonareasd.org](http://www.wilsonareasd.org)

PROfiles  
*in good taste*

Karen Waitz

Director of Dining Services

484-373-6110

[kwaitz@wilsonareasd.org](mailto:kwaitz@wilsonareasd.org)

