

WILSON COUNTY MIDDLE SCHOOL MENU JANUARY 2018

Monday

Tuesday

Wednesday

Thursday

Friday



January 2, 2018
Sweet Potato Roll
 100% Fruit Punch Juice
 Applesauce

Cheeseburger
Chicken Quesadilla
 Waffle Fries
 Baked Beans
 Cherries & Cream

January 3, 2018
Pancake & Sausage Stick
 100% Apple Juice
 Blueberries & Cream

Meatloaf w/ Roll
Oven Breaoded Chicken w/ Roll
 Mashed Potatoes
 Broccoli w/ Cheese
 Juice Rush

January 4, 2018
Chicken Biscuit
 100% Orange Juice
 Fresh Fruit in Season

BBQ Pork Sandwich
Sloppy Joe on Bun
 Coleslaw
 French Fries
 Baby Carrots
 Blueberries & Cream

January 5, 2018
Egg Frittata w/ Bacon & Biscuit
 100% Fruit Punch Juice
 Pears

Popcorn Chicken
Macaroni & Cheese w/ Roll
 Waffle Fries
 Sliced Cucumbers
 Mixed Fruit



BEGINNING THIS YEAR, MEAL APPLICATIONS ON-LINE!

PAPER FORMS STILL AVAILABLE BUT ONLY AT THE MAIN SCHOOL NUTRITION OFFICE TO RECEIVE A PAPER FORM, CALL 399-7849 OR E-MAIL wyndi.vick@wilsonschoolsnc.net

January 8, 2018
Breakfast Pizza
 100% Orange Juice
 Peaches

January 9, 2018
Sweet Potato Roll
 100% Fruit Punch Juice
 Applesauce

January 10, 2018
Pancake & Sausage Stick
 100% Apple Juice
 Blueberries & Cream

January 11, 2018
Chicken Biscuit
 100% Orange Juice
 Fresh Fruit in Season

January 12, 2018
Egg Frittata w/ Bacon & Biscuit
 100% Fruit Punch Juice
 Pears

Offered Daily At Breakfast

Strawberry or Frosted Chocolate Pop-Tart
 Goody Bun
 Mini Powdered Doughnuts
 Crunch Mania
 Yogurt & Nutri-grain Bar

Beefaroni w/ Garlic Breadstick
Pork Chop Sandwich
 Waffle Fries
 Corn
 Sliced Cucumbers
 Applesauce Cup

4X6 Pepperoni or Cheese Pizza
Spaghetti w/ Meatballs w/ Breadstick
 French Fries
 Garden Salad
 Cherries & Cream Cup

Chicken Nuggets
Stuffed Cheese Sticks
 Baked Beans
 Waffle Fries
 Juice Rush

Spicy Chicken Filet Sandwich
Taco w/ Chips
 Waffle Fries
 Baby Carrots
 Mixed Fruit

Cheeseburger
Rotisseri Chicken w/ Roll
 Mashed Potatoes
 Gold Rush Juice
 Applesauce Cup

Mon. Wed. & Fri= Fruit Smoothie
Tues. Thurs. = Fruit Yogurt Parfait

January 15, 2018

January 16, 2018
Sweet Potato Roll
 100% Fruit Punch Juice
 Applesauce

Hot Dog w/ Chili
Pork Chop Sandwich
 French Fries
 Baked Beans
 Cherries & Cream Cup

January 17, 2018
Pancake & Sausage Stick
 100% Apple Juice
 Blueberries & Cream

Salisbury Steak w/ Gravy & Roll
Calzone
 Mashed Potatoes
 Broccoli w/ Cheese
 Juice Rush

January 18, 2018
Chicken Biscuit
 100% Orange Juice
 Fresh Fruit in Season

Vegetable Beef Soup
Grilled Cheese or PB&J Sandwich
Spicy Fillet Sandwich
 French Fries
 Baby Carrots
 Blueberries & Cream

January 19, 2018

TEACHER WORKDAY



January 22, 2018

January 23, 2018
Sweet Potato Roll
 100% Fruit Punch Juice
 Applesauce

Cheeseburger
Chicken Quesadilla
 Waffle Fries
 Baked Beans
 Cherries & Cream Cup

January 24, 2018
Pancake & Sausage Stick
 100% Apple Juice
 Blueberries & Cream

Meatloaf w/ Roll
Oven Breaoded Chicken w/ Roll
 Broccoli w/ Cheese
 Mashed Potatoes
 Juice Rush

January 25, 2018
Chicken Biscuit
 100% Orange Juice
 Fresh Fruit in Season

BBQ Pork Sandwich
Sloppy Joe on Bun
 Coleslaw
 French Fries
 Baby Carrots
 Peaches

January 26, 2018
Egg Frittata w/ Bacon & Biscuit
 100% Fruit Punch Juice
 Pears

Popcorn Chicken
Macaroni & Cheese w/ Roll
 Waffle Fries
 Sliced Cucumbers
 Mixed Fruit

Offered Daily At Lunch:

Fat-Free or Lowfat Milk Choice

Monday = PB & J Sandwich
Mon. Wed. & Fri. = Fruit Smoothie
Tues. & Thurs. Fruit Yogurt Parfait

TEACHER WORKDAY

January 29, 2018

Breakfast Pizza
 100% Orange Juice
 Peaches

Beefaroni w/ Garlic Breadstick
Pork Chop Sandwich
 French Fries
 Corn
 Peaches

January 30, 2018
Sweet Potato Roll
 100% Fruit Punch Juice
 Applesauce

4X6 Pepperoni or Cheese Pizza
Spaghetti w/ Meatballs w/ Breadstick
 French Fries
 Garden Salad
 Cherries & Cream Cup

January 31, 2018
Pancake & Sausage Stick
 100% Apple Juice
 Blueberries & Cream

Chicken Nuggets
Stuffed Cheese Sticks
 Baked Beans
 Waffle Fries
 Juice Rush



To Students & Staff:

Due to recent hurricanes in Texas & Florida, School Nutrition Programs throughout the U.S. are beginning to see the effect of these storms on available food products. This notice is to inform you that in the coming days or week, you will begin to see food items not available and ongoing menu substitutions. We apologize for the inconvenience. Cindy Bailey, Director
 School Nutrition Services

Wilson County Schools is an Equal Opportunity Provider & Employer
 Menu(s) subject to change due to availability of food items, inclement weather or other factors related to foodservice operation.