

A LA CARTE

Fruit Seasonal fresh fruit	\$0.50
Juice 100% fruit, 4 oz.	\$0.50
Milk 1% white or nonfat chocolate, 8 oz.	\$0.50
Baked Chips Assorted baked chips	\$0.75
Chocolate Chip Cookie Freshly baked whole grain & low fat	\$1.00
Bottled Water, 24 oz.	\$1.00

Available during Snack and Lunch service.

MEAL PRICES

	Breakfast	Lunch
Full Pay	\$1.25	\$2.75
Reduced	\$0.25	\$0.40
Adult	\$1.75	\$3.25

Annual Payment

180 Breakfasts x \$1.25 = \$225.00
180 Reduced Breakfasts x \$0.25 = \$45.00
180 Lunches x \$2.75 = \$495.00
180 Reduced Lunches x \$0.40 = \$72.00

Monthly Payment

20 Breakfasts x \$1.25 = \$25.00
20 Reduced Breakfasts x \$0.25 = \$5.00
20 Lunches x \$2.75 = \$55.00
20 Reduced Lunches x \$0.40 = \$8.00

CHECK OR CASH PAYMENT can be made in the cafeteria or mail check to:

Nutrition Services Department
349A W. Magnolia Ave.
Glendale, CA 91204

ONLINE PAYMENTS: www.ezschoollpay.com

Remaining balances will carry over to the following school year.

For more information, please visit the GUSD Nutrition Services Department website at www.gusd.net/nutritionservices

GLENDALE UNIFIED SCHOOL DISTRICT



BREAKFAST & LUNCH MENU 2019 - 2020

WILSON MIDDLE SCHOOL

1221 Monterey Road
Glendale, CA 91206
Phone: (818) 244-8145
Cafeteria: (818) 246-7888



BREAKFAST & SNACK

Bagel w/Cream Cheese

Blueberry, Cinnamon Raisin or Plain

Breakfast Bar

Apple Cinnamon, Banana Chocolate or Chocolate Chip

Breakfast Burrito

Bean & Cheese or House Special

Breakfast Sausage Pizza

Cereal Bowl & String Cheese

Apple Jacks, Cheerios, Cocoa Puffs, Frosted Flakes, or Froot Loops

Cinnamon Crumb Square

Cinnamon Roll

Cinnamon Toast w/String Cheese

Double Chocolate Chip Muffin

English Muffin Egg Sandwich w/Canadian Bacon, Egg & Cheese

Yogurt Parfait w/Fruit & Granola

*Breakfast served with ½ cup vegetables or fruit.
Offered with hash browns & milk (1% white or nonfat chocolate).*

MEAL SERVICE SCHEDULE

Breakfast

7:30 a.m. - 8:00 a.m.

Snack

9:57 a.m. - 10:12 a.m.

Lunch

12:12 p.m. - 12:47 p.m.

DAILY LUNCH SPECIALS

Chicken Patty Sandwich

Spicy or Regular

Deli Sandwich & Chips

Ham & Cheese, Tuna or Turkey & Cheese

Grilled Chicken Salad w/Roll

Pizza

Cheese, Pepperoni or Veggie

Soy Butter & Grape Jelly Sandwich

Trail Runner Pack

Dried Cranberries, Muffin, String Cheese & Sunflower Seeds

Vegetarian Plate

Chocolate Chip Muffin, Fruit, String Cheese & Yogurt

*Served with ½ cup vegetables or fruit.
Offered with milk (1% white or nonfat chocolate).*

BBQ GRILL SPECIALS

Hamburger

Offered with Cheese

Turkey Hot Dog

Louisiana Hot Link

*Served with ½ cup vegetables or fruit and baked chips.
Offered with milk (1% white or nonfat chocolate).*

THEME BARS

MONDAY - Taco

Chicken Fajita w/Tortilla, Black or Pinto Beans, Spanish Rice, & Shredded Cheese

TUESDAY - Nachos

Seasoned Ground Beef w/Corn Tortilla Chips, Black or Pinto Beans, & Shredded Cheese

WEDNESDAY – Baked Chicken

w/Mashed Potatoes, Corn on the Cob & Roll

THURSDAY - Pasta

Meatballs or Chicken Breast w/Pasta & Marinara Sauce or Chicken Alfredo w/Breadsticks

FRIDAY - Chicken

Mandarin Orange Chicken w/Chow Mein or Brown Rice

*Served with ½ cup vegetables or fruit.
Offered with milk (1% white or nonfat chocolate).*

MANAGER'S SPECIAL

MONDAY

BBQ Beef Rib on Hoagie Roll, Corn Dog or Pizza Hut (Cheese or Pepperoni)

TUESDAY

Mandarin Orange Chicken w/Chow Mein or Greek Wrap or Hot Grilled Cheese Sandwich

WEDNESDAY

BBQ Beef Rib on Hoagie Roll or Pizza Hut (Cheese or Pepperoni)

THURSDAY

Hot Grilled Cheese Sandwich

FRIDAY

Macaroni & Cheese w/Roll or Quesadilla

*Served with ½ cup vegetables or fruit.
Offered with milk (1% white or nonfat chocolate).*

✓ A complete meal includes 3 of the 5 Food Groups.

▪ **Group 1:** Vegetables, **Group 2:** Fruit, **Group 3:** Grains, **Group 4:** Protein, **Group 5:** Milk.

▪ Group 3 and 4 are combined to make Entrées such as Sandwiches, Burritos, Pizzas, and Hamburgers. All you need is a ½ cup vegetable and/or fruit to make it a complete meal.

✓ **ALL MEALS MUST INCLUDE A MINIMUM OF ½ CUP VEGETABLES AND/OR ½ CUP FRUIT.**

✓ Additional Vegetables and Fruit are offered daily.