

## A LA CARTE

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

GLENDALE UNIFIED SCHOOL DISTRICT



## BREAKFAST & LUNCH MENU

2021-2022

## WILSON MIDDLE SCHOOL

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



GUSD Nutrition Services Department  
349A W. Magnolia Ave., Glendale, CA 91204  
Phone: (818) 552-2677 • Fax: (818) 552-2689

# Breakfast

## MONDAY

Entrée Choice of:

- Cinnamon Crumb Square
- Cinnamon Roll
- Breakfast Bar

*Banana Chocolate or Chocolate Chip*

## TUESDAY

Entrée Choice of:

- Bagel with Cream Cheese
- Whole Grain Low Sugar Cereal & String Cheese:

*Apple Jacks, Cocoa Puffs or Froot Loops*

## WEDNESDAY

Entrée Choice of:

- English Muffin Sandwich with Canadian Bacon and Cheese
- Breakfast Bar

*Banana Chocolate or Chocolate Chip*

## THURSDAY

Entrée Choice of:

- Breakfast Pizza
- Burrito
- Whole Grain Low Sugar Cereal & String Cheese:

*Apple Jacks, Cocoa Puffs or Froot Loops*

## FRIDAY

Entrée Choice of:

- Yogurt Parfait
- Chocolate Chip Muffin

*Banana Chocolate or Chocolate Chip*

Breakfast served with ½ cup of fruit. Offered with milk (1% white or nonfat chocolate).

# Lunch

## MONDAY THROUGH FRIDAY

Entrée Choice of:

- Chicken Patty Sandwich

*Spicy or Regular*

- Pizza Hut

*Cheese or Pepperoni*

- Deli Sandwich & Chips

*Turkey or Turkey Ham and Cheese or Tuna*

- Trail Runner

*Dried Cranberries, Whole Grain Chocolate*

*Chip Muffin, String Cheese & Sunflower Seeds*

Lunch served with ½ cup vegetables and/or fruit.  
Offered with milk (1% white or nonfat chocolate).



# Theme Bar

## MONDAY

Chicken Bowl  
Chicken (Drumstick, Popcorn Chicken or Chicken Nuggets) with Mashed Potatoes, Corn Kernels and Roll

## TUESDAY

Nacho Bar  
Seasoned Ground Turkey or Chicken Fajita with Tortilla Chips, Pinto Beans, Spanish Rice & Shredded Cheese

## WEDNESDAY

Pasta  
• Meatballs or Chicken Breast with Pasta & Marinara Sauce  
• or Chicken Alfredo with Breadsticks

## THURSDAY

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

## FRIDAY

Chicken  
• Mandarin Orange Chicken with Chow Mein  
• or Teriyaki Chicken with Brown Rice or Chow Mein

## Manager Special

Every Friday