

## SNACKS AND BEVERAGES

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	\$1.00
Chocolate Chip Cookie Freshly baked whole grain & low fat	\$1.00
Bottled Water	\$1.00

GLENDALE UNIFIED SCHOOL DISTRICT



## BREAKFAST & LUNCH MENU

2022 - 2023

## 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 - FRIDAY

### Entrée Choice of:

- Bagel with Cream Cheese
- Cinnamon Crumb Square
- Cinnamon Roll
- Chocolate Chip Muffin
- Breakfast Bar
- *Banana Chocolate or Chocolate Chip*
- English Muffin, Turkey Ham and Cheese Sandwich
- English Muffin with Turkey Sausage
- *Banana Chocolate or Chocolate Chip*
- *Whole Grain Low Sugar Cereal & String Cheese:*
- *Apple Jacks, Cocoa Puffs, Froot Loops, Trix or Cinnamon Toast Crunch*
- *Yogurt Parfait*

## Manager Special

### DAILY CHOICES VARY

#### Entrée Choice of:

- Breakfast Pizza
- Breakfast Burrito
- French Toast Sticks
- Frudel - Apple or Cherry
- Mini Maple Waffles
- Mini French Toast Cinnamon
- Oatmeal Bun
- Sweet Potato Chocolate Chip Muffin
- Pancake and Sausage on a Stick

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



# Lunch

## MONDAY - FRIDAY

### Entrée Choice of:

- Hamburger or Cheeseburger
- Pizza Hut
- *Cheese or Pepperoni*
- Chicken Patty Sandwich
- *Spicy or Regular*
- Bean and Cheese Burrito
- Deli Sandwich & Chips
- *Turkey or Turkey Ham and Cheese or Tuna*
- Trail Runner
- *Dried Cranberries, Whole Grain Chocolate Chip Muffin, String Cheese & Sunflower Seeds*
- Vegetarian Plate
- *Chocolate Chip Muffin, Fruit, String Cheese and Yogurt*

## Manager Special

### DAILY CHOICES VARY

#### Entrée Choice of:

- Subway Sandwich:
- *Chicken, Turkey Cold Cuts or Veggie*
- BBQ Beef Rib on Hoagie Roll
- BBQ Chicken on Bun
- Chalupa
- Cheese Quesadilla
- Chicken Corn Dog
- Chicken Nuggets with French Fries
- Chicken Taquitos
- Fish Sticks with French Fries
- Grilled Cheese Sandwich
- Hummus with Tortilla Chips
- Mac and Cheese
- Ravioli with Marinara Sauce
- Soynut and Butter Sandwich
- Turkey Hot Dog on Bun

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

# Lunch - Theme Bar

## MONDAY

### Chicken Bowl

- *Chicken (Drumstick, Popcorn Chicken or Chicken Nuggets) with Mashed Potatoes, Corn Kernels and Roll*
- *Hot and Spicy or Breaded Drumstick with Rice, Corn Kernel 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 and Breadsticks*
- *Chicken Alfredo with Breadsticks*

## THURSDAY

- *Fajita Bowl: Chicken Fajita w/Pinto Beans, Spanish Rice, Shredded Cheese & Tortilla*
- *Chicken: Chicken Shawarma with Garlic Sauce*

## FRIDAY

### Chicken

- *Mandarin Orange Chicken with Chow Mein or Brown Rice*
- *Teriyaki Chicken with Brown Rice or Chow Mein*
- *Sweet and Sour Chicken with Brown Rice or Chow Mein*
- *Edamame Kung Pao Chicken with Rice*

## BBQ Specials

### MONDAY - FRIDAY

#### Entrée Choice of:

- *BBQ Hamburgers with or without Bacon*
- *BBQ Cheeseburgers with or without Bacon*
- *BBQ Hot Links*
- *BBQ Hot Dogs*

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