

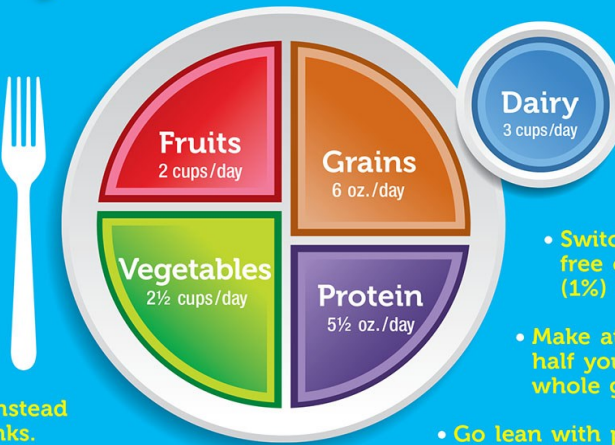


WILSON MENU STARTING JANUARY 25th

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> Cinnamon Roll Benefit Bar Asst. Cereal</p> <p><u>Lunch</u> Chicken Drumstick Bosco Pep Pizza Stick PB&J Sandwich</p>	<p><u>Breakfast</u> Muffin Benefit Bar Asst. Cereal</p> <p><u>Lunch</u> Cheeseburger Corn Dog Cheese Pizza</p>	<p><u>Breakfast</u> Mini Donuts Benefit Bar Asst. Cereal</p> <p><u>Lunch</u> Orange Chicken with Brown Rice Turkey & Cheese Sandwich Taco Snack</p>	<p><u>Breakfast</u> Pop Tart Benefit Bar Asst. Cereal</p> <p><u>Lunch</u> Chicken Patty Sandwich Taco Nada Cheese Bites</p>	<p><u>Breakfast</u> Mini Pancakes Benefit Bar Asst. Cereal</p> <p><u>Lunch</u> Chicken Nuggets Mac & Cheese Bean & Cheese Burrito Black Beans</p>

Use MyPlate for better health!

- Make half your plate fruits and vegetables.
- Enjoy your food, but avoid oversized portions.
- Cut back on foods high in solid fats, added sugar and salt.
- Drink water instead of sugary drinks.



- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Go lean with protein.

Choose **MyPlate**.gov

18-0601

The amounts are for a 2,000 calorie diet. To find the amounts that are right for you, go to www.choosemyplate.gov. The USDA does not endorse any products, services, or organizations. Source: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Provided by ETR, a nonprofit organization. 1-800-321-4407. etr.org/store. Title No. N001

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BREAKFAST

IN ADDITION TO THE ITEM ABOVE WE OFFER ASSORTED FRUIT.

LUNCH

IN ADDITION TO THE ITEMS ABOVE WE OFFER FRESH AND CANNED FRUIT, ASSORTED VEGETABLES