

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*
- **Domino's**
 - Cheese or Pepperoni*
- **Chicken Patty Sandwich**
 - Spicy or Regular*
- **Bean and Cheese Burrito**
- **Deli Sandwich and 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 Butter and Jelly 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

DAILY CHOICES VARY

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).

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

If your child has food allergies, please contact GUSD Nutrition Services at (818) 552-2677 or email us at Nutrition.Services@gusd.net

GLENDALE UNIFIED SCHOOL DISTRICT



BREAKFAST & LUNCH MENU

2023 - 2024

WILSON MIDDLE SCHOOL

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



GUSD Nutrition Services Department
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