

WILSON SCHOOL DISTRICT: Gluten Free Menu

Grades 9 - 12

Contact the Food Service Office for questions and concerns: 610-670-0180 x 1148

FEBRUARY 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Breakfast Choices</p> <p>Breakfast Select 1 Entrée</p> <p>Featured Entrée</p> <p>Gluten Free: Cheerios, Honey Nut Cheerios, Lucky Charms & Choice or Trix Yogurt</p> <p>Offered w/ Every Meal:</p> <p>Selection of Fruit and 100% Juice</p> <p>Variety of Milk</p>	<p>DID YOU KNOW: LUNCH includes five meal components: Meat/Meat Alternate, Whole Grains, Vegetables, Fruit and Milk. You must take a minimum of three components for a meal. One component must be a ½ cup serving of vegetable or fruit.</p>	<p>DID YOU KNOW: BREAKFAST includes 3 components: Whole Grains, Fruit & Juice, Milk. You must take a minimum of three food items for a meal. One item must be a ½ cup serving of fruit or fruit juice.</p>	<p>Meal Prices</p> <p>Elementary Breakfast \$1.85</p> <p>Middle School Breakfast \$2.05</p> <p>High School Breakfast \$2.25</p> <p>Reduced Breakfast \$.30</p> <p>Elementary Lunch \$2.70</p> <p>Middle School Lunch \$2.90</p> <p>High School Lunch \$3.10</p> <p>Reduced Lunch \$.40</p>	<p>Lunch Daily Entrée Choices</p> <p>Daily Featured Hot Entrees</p> <p>OR Salad w/GF Rolls</p> <p>Yogurt w/ GF Cereal</p> <p>Select 1-2 Veggies & 1-2 Fruits</p> <p>Fresh Veggies w/ Dip & Hot Veggie</p> <p>Selection of Fruits & Variety of Milks</p>
<p>Super Bowl LII</p> <p>Help us cheer on the EAGLES!!! on Friday, Feb. 2</p> <p>SPECIAL POP-UP MENU ITEMS</p> 	<p>Winter Olympics - 2/9 - 2/25</p> <p>What's Your Favorite Olympic Sport?</p> <p>Figure Skating, Ice Dancing</p> <p>Ice Hockey, Bobsled, Curling</p> <p>Snowboarding, Alpine Skiing, Luge</p> <p>Bobsled, Speed Skating</p> <p>Ski Jumping, Skeleton</p> <p>USA! USA! GO USA!!</p> <p>Watch for our Trivia Questions!</p>	<p>Beginning February 14!</p> <p>Purchase a Breakfast Meal</p> <p>Enjoy a FREE Cup of WAWA Coffee!</p> <p>Columbian, Hazelnut, Decafe</p> 	<p>February 1</p> <p>Breakfast Select 1 Entrée</p> <p>Egg Patty w/ GF Roll</p> <p>Lunch Select 1 Entrée</p> <p>Grilled Chicken Patty on GF Roll</p> <p>Select 1 Vegetable &/or 1 Fruit</p> <p>Honey Glazed Carrots</p> <p>Chilly Applesauce</p>	<p>February 2</p> <p>Breakfast Select 1 Entrée</p> <p>Sausages w/ GF Roll</p> <p>Super Bowl Celebration</p> <p>Hamburger on GF Roll</p> <p>Select 1 Vegetable &/or 1 Fruit</p> <p>Steamy Corn</p> <p>Sweet Strawberries</p>
<p>February 5</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée</p> <p>Grilled Chicken on GF Roll</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Black Beans, Salsa</p> <p>Golden Pineapple</p>	<p>February 6</p> <p>Breakfast Select 1 Entrée</p> <p>Egg, Bacon & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée</p> <p>GF Meatballs in Marinara Sauce</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Broccoli</p> <p>Frozen Juice Rush</p>	<p>February 7</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée</p> <p>Hamburger on GF Roll</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Peas</p> <p>Sweet Strawberries</p>	<p>February 8</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée</p> <p>Berks Beef Hot Dog on GF Roll</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Green Beans</p> <p>Festive Fruit Mix</p>	<p>February 9</p> <p>Breakfast Select 1 Entrée</p> <p>Ham, Egg & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée</p> <p>Grilled Cheese on GF Bread</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Carrot Coins</p> <p>Golden Peaches</p>
<p>February 12</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée</p> <p>Chilly Pears</p> <p>Select 1 Vegetable &/or 1 Fruit</p> <p>Golden Tater Tots</p> <p>Chilly Pears</p>	<p>February 13</p> <p>Breakfast Select 1 Entrée</p> <p>Ham, Egg & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée</p> <p>Steak Sandwich (NO Cheese)/GF Roll</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Honey Glazed Carrots</p> <p>Golden Pineapple</p>	<p>February 14</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée</p> <p>Beef & Cheese Taco in Corn Shell</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Refried Beans</p> <p>Chilly Strawberry Cup</p> <p>Sweetheart Ice Cream Cup</p>	<p>February 15</p> <p>Breakfast Select 1 Entrée</p> <p>Egg Patty w/ GF Roll</p> <p>Chinese New Year</p> <p>Grilled Chicken over Veggie Fried Rice</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Broccoli</p> <p>Chilled Fruit Mix</p>	<p>February 16</p> <p>School Closed</p> <p>Staff Professional Development</p>  <p>2018 Year of Dog</p>
<p>February 19</p> <p>School Closed</p> <p>Holiday</p>  <p>Presidents Day</p>	<p>February 20</p> <p>Breakfast Select 1 Entrée</p> <p>Egg, Bacon & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée</p> <p>GF Pasta w/ Meat Sauce</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Broccoli</p> <p>Golden Diced Peaches</p>	<p>February 21</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & String Cheese</p> <p>Nuggets (4 pc)</p> <p>Lunch Select 1 Entrée</p> <p>Grilled Cheese on GF Bread</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Carrot Coins</p> <p>Mandarin Oranges</p>	<p>February 22</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt w/ Yogurt</p> <p>Lunch Select 1 Entrée</p> <p>Hamburger on GF Roll</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Broccoli</p> <p>Frozen Juice Rush</p>	<p>February 23</p> <p>Breakfast Select 1 Entrée</p> <p>Ham, Egg & Cheese on GF Roll</p> <p>Round Roll</p> <p>Lunch Select 1 Entrée</p> <p>GF Meatballs in Marinara Sauce on GF Roll</p> <p>Select 1-2 Veggies &/or 1 Fruit</p> <p>Steamy Green Beans</p> <p>Chilled Mixed Fruit Cup</p>
<p>February 26</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée</p> <p>Berks Beef Hot Dog on Roll</p> <p>Select 1 Vegetable &/or 1 Fruit</p> <p>Baked Beans</p> <p>Golden Diced Peaches</p>	<p>February 27</p> <p>Breakfast Select 1 Entrée</p> <p>Ham, Egg & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée</p> <p>Hamburger on Roll</p> <p>Select 1 Vegetable &/or 1 Fruit</p> <p>Fresh Romaine Salad</p> <p>Chilled Applesauce Cup</p>	<p>February 28</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt</p> <p>Early Dismissal</p> <p>1/2 Day of School</p> 	<p>Parents!!</p> <p>Now accepting applications for employment!</p> <p>If you are looking for part-time work, want to work the same schedule as your children, then we have a job for YOU!</p> <p>Fill out an application with Human Resources</p>	<p>Daily Vegetarian Entrées</p> <p>Daily: Yogurt, Fruit & Granola Parfait</p> <p>Mon- Black Bean Burger on Roll</p> <p>Tue- Cheesy Pizza</p> <p>Wed- Bean & Cheese Burrito</p> <p>Thu- Cheese Quesadilla</p> <p>Fri- Breaded Cheese Sticks</p> 

Menu subject to change without notice.

To Deposit money into your child's account go to www.wilsonsd.org then e-Funds Online Payments