

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