

WILSON SCHOOL DISTRICT
UPPER HOUSE & LOWER HOUSE HIGH SCHOOL: GLUTEN FREE

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

March 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Breakfast Choices Featured Entrée OR GF Cereal w/ String Cheese OR GF Cereal w/ Yogurt</p> <p>Offered w/ Every Meal: Selection of Fruit and 100% Juice Variety of Milk</p>	<p>BUILD A HEALTHY LUNCH from these 5 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>START YOUR DAY WITH 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 \$3.30</p> <hr/> <p>Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$4.40</p>	<p>Lunch Daily Entrée Choices Featured Hot Entrees OR Assorted Cold Sandwiches OR Create Your Own Salad Bar OR Yogurt w/ Bagel & Cream Cheese OR Assort Cereal w/ 8 oz. Yogurt Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks</p>
 <p>Purchase a Breakfast Meal Enjoy a FREE Cup of WAWA Coffee!! <i>French Vanilla, Hazelnut, Regular</i></p>	<p>Celebrate School Breakfast Week March 5 - 9</p> <p>Let your inner emoji SHINE when you eat a healthy breakfast!</p> 	<p>Daily Vegetarian Entrées Daily: Yogurt, Fruit & Granola Parfait Mon- Black Bean Burger on Roll Tue- Cheesy Pizza Wed- Bean & Cheese Burrito Thu- Cheese Quesadilla Fri- Breaded Cheese Sticks</p> 	<p>March 1 Breakfast Select 1 Entrée Egg Patty w/ GF Roll</p> <p>Brunch Lunch GF Hot Dog in GF roll</p> <p>Select 1-2 Veggies & 1-2 Fruits Golden Potatoes Sweet Strawberries</p>	<p>March 2 Breakfast Select 1 Entrée Sausages w/ GF Roll</p> <p>Lunch Select 1 Entrée Grilled Chicken Patty on GF Rule</p> <p>Select 1-2 Veggies & 1-2 Fruits Honey Carrots Chilly Applesauce</p>
<p>March 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 & 1-2 Fruits Zesty Baked Beans Golden Pineapple</p>	<p>March 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 & 1-2 Fruits Steamy Broccoli Frozen Juice Rush</p>	<p>March 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 & 1-2 Fruits Steamy Peas & Carrots Sweet Strawberries</p>	<p>March 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 & 1-2 Fruits Golden Corn Festive Fruit Mix</p>	<p>March 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 & 1-2 Fruits Steamy Carrots Golden Peaches</p>
<p>March 12 Breakfast Select 1 Entrée GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée Sloppy Joe on Roll</p> <p>Select 1-2 Veggies & 1-2 Fruits Golden Tater Tots (10 pc) Chilly Pears</p>	<p>March 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 & 1-2 Fruits BBQ Baked Beans Chilly Applesauce Cup</p>	<p>March 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 & 1-2 Fruits Steamy Green Beans Chilled Mixed Fruit</p>	<p>March 15 Breakfast Select 1 Entrée Egg Patty w/ GF Roll</p> <p>Chinese New Year Grilled Chicken on Roll</p> <p>Select 1-2 Veggies & 1-2 Fruits Whipped Potatoes, Steamy Carrots Chilled Peaches</p>	<p>Lucky Leprechaun, March 17 Breakfast Select 1 Entrée Sausages w/ GF Roll</p> <p>Lunch Select 1 Entrée Berks Hot Dog on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruits Wear'n of the Green Broccoli Chilled Strawberries</p>
<p>March 19 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Hamburger or Cheeseburger, GF Roll</p> <p>Select 1-2 Veggies &/or 1 Fruit Steamy Green Beans Chilled Fruit Mix</p>	<p>March 20...Welcome Spring! Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée Ham & Turkey Sandwich (GF Bread) w/ Chips</p> <p>Select 1-2 Veggies & 1-2 Fruits Fresh Romaine Salad Chilled Mandarin Oranges</p>	<p>March 21 Breakfast Select 1 Entrée GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée Cuban Sandwich on GF Bread</p> <p>Select 1-2 Veggies & 1-2 Fruits Mashed Potatoes, Honey Carrots Chilly Applesauce Cup</p>	<p>March 22 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Taco Meat over Corn Chips</p> <p>Select 1-2 Veggies & 1-2 Fruits Zesty Baked Beans Frozen Juice Rush</p>	<p>March 23 Breakfast Select 1 Entrée Ham, Egg & Cheese on GF Roll</p> <p>EARLY DISMISSAL, NO LUNCH</p>  <p><i>Spring begins</i></p>
<p>March 26 Breakfast Select 1 Entrée GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée Berks Hot Dog on Roll</p> <p>Select 1-2 Veggies & 1-2 Fruits Golden Corn & Mashed Potatoes Golden Diced Peaches</p>	<p>March 27 Breakfast Select 1 Entrée Ham, Egg & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée Meatloaf w/ GF Bread</p> <p>Select 1-2 Veggies & 1-2 Fruits Steamy Broccoli Golden Pineapple</p>	<p>March 28 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Diced Chicken over Rice w/ Sauces</p> <p>Select 1-2 Veggies & 1-2 Fruits Sliced Carrots Sweet Strawberries</p>	<p>March 29 Breakfast Select 1 Entrée Egg Patty w/ Roll</p> <p>Lunch Select 1 Entrée Hamburger or Cheeseburger on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruits Stewed Tomatoes Festive Mixed Fruit</p>	<p>March 30 Spring Break - School Closed</p>  <p>Select Milk @ Breakfast & Lunch 1% White Milk FF Chocolate Milk FF Strawberry Milk Skim White Milk</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