




WILSON SCHOOL DISTRICT ELEMENTARY SCHOOLS

# APRIL 2018

**GLUTEN FREE MENU (GRADES K - 8) Served to students who have a medical statement on file.**

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

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Daily Breakfast Choices</b> Featured Entrée String Cheese w/ GF Cereal <b>Offered w/ Every Meal:</b> Selection of Fruit and 100% Juice Variety of Milk</p>  <p><i>April Showers Bring May Flowers</i></p>	<p><b>START YOUR DAY WITH BREAKFAST</b> includes 3 components: Whole Grains, Fruit &amp; Juice, Milk. You must take a minimum of three food items for a meal. One item must be a 1/2 cup serving of fruit or fruit juice.</p> 	<p><b>Meal Prices</b> 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><b>BUILD A HEALTHY LUNCH</b> 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 1/2 cup serving of vegetable or fruit.</p> 	<p><b>Lunch Daily Entrée Choices</b> Featured Hot Entrees OR Express Salads w/ GF Bread or Roll <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Fresh Veggies w/ Dip &amp; Hot Veggie Selection of Fruits &amp; Variety of Milks</p> 
<p><b>Spring Break: School Closed</b></p>				
<p>April 2 <b>IRON CHEF WINNERS!!</b> <i>Tain us on Monday, April 9</i> Enjoy the <b>Winning Breakfast &amp; Winning Lunch</b> voted on by <b>YOU</b> and the Community at the <b>Iron Chef Competition!</b></p> 	<p>April 3 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> GF Chicken Breast on GF Roll  <b>Select 1 Vegetable &amp;/or 1 Fruit</b> Steamy Green Beans Mixed Fruit Cup</p>	<p>April 4 <b>Breakfast Select 1 Entrée</b> Egg, Sausage &amp; Cheese on GF Roll <b>Baseball Season Homerun Lunch</b> <b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> BBQ Baked Beans &amp; Popcorn Cup Apple Slices</p> 	<p>April 5 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> Hamburger on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Glazed Carrots Sweet Strawberries</p> 	<p>April 6 <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Bread  <b>Lunch Select 1 Entrée</b> GF Meatballs on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Applesauce Cup</p>
<p>April 9 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Iron Chef Lunch #1 Winner</b> Walking Taco - Lettuce, Salsa, Tomato (Seasoned Beef, Corn Taco Chips) <b>Select 1-2 Veggies &amp; 1 Fruit</b> Zesty Baked Beans Golden Pineapple</p>	<p>April 10 <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Roll  <b>Lunch Select 1 Entrée</b> GF Meatballs in Sauce on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Frozen Juice Rush</p>	<p>April 11 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; String Cheese  <b>Lunch Select 1 Entrée</b> Grilled Chicken Breast w/ GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Peas &amp; Carrots Sweet Strawberries</p>	<p>April 12 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Corn Festive Fruit Mix</p> 	<p>April 13 <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sand on GF Roll (Egg, Sausage &amp; Cheese) <b>Lunch Select 1 Entrée</b> Pizza Buns (2) on GF Rolls  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Golden Peaches</p>
<p>April 16 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> Sloppy Joe on GF Roll French Bread Pizza <b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Tater Tots (10 pc) Chilly Pears</p> 	<p>April 17 <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Roll  <b>Lunch Select 1 Entrée</b> Steak meat w/ Sliced Cheese on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> BBQ Baked Beans Chilly Applesauce Cup</p>	<p>April 18 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; String Cheese  <b>Lunch Select 1 Entrée</b> GF Meatballs w/Sauce on GF Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Green Beans Chilled Mixed Fruit Frozen Juice Rush Treat</p> 	<p>April 19 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> Grilled Chicken Breast w/ GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Glazed Carrots Chilled Pineapple</p>	<p>April 20 <b>Breakfast Select 1 Entrée</b> bulldog Breakfast Sand on GF Roll (Egg, Sausage &amp; Cheese) <b>Lunch Select 1 Entrée</b> Hamburger on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Broccoli Chilly Strawberries</p>
<p>April 23 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> Nachos: Taco Meat &amp; Grated Cheese <b>Select 1-2 Veggies &amp; 1 Fruit</b> Zesty Baked Beans Chilled Fruit Mix</p> 	<p>April 24 <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Roll  <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Fresh Romaine Salad Chilled Mandarin Oranges</p>	<p>April 25 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; String Cheese  <b>Lunch Select 1 Entrée</b> Pulled Pork w/ GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Golden Tater Tots Chilly Applesauce Cup</p>	<p>April 26 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> Pizza Buns (GF Rolls) 2 Chicken Tenders (3) &amp; Dinner Roll <b>Select 1-2 Veggies &amp; 1 Fruit</b> Steamy Green Beans Frozen Juice Rush</p> 	<p>April 27 <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sand on GF Roll (Egg, Sausage &amp; Cheese) <b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll  <b>Select 1-2 Veggies &amp; 1 Fruit</b> Honey Carrots, Chips Chilled Peaches</p>
<p>April 30 <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt  <b>Lunch Select 1 Entrée</b> Diced Chicken over Brown Rice  <b>Select 1-2 Veggies &amp; 1-2 Fruits</b> Golden Corn Golden Diced Peaches</p>	<p><b>EARTH DAY, April 22</b> Help keep our earth safe! Get outside and enjoy the beauty of nature! When you go for a hike take a bag and pick-up any trash you find! Save Your environment, Save Your World!</p> 	<p><b>April Showers Bring May Flowers</b></p> 	<p><b>Make your meal complete with Milk @ Breakfast &amp; Lunch</b></p>  <ul style="list-style-type: none"> <li>1% White Milk</li> <li>FF Chocolate Milk</li> <li>FF Strawberry Milk</li> <li>Skim White Milk</li> </ul>	

Menu subject to change without notice.

To Deposit money into your child's account go to [www.wilsonsd.org](http://www.wilsonsd.org) then e-Funds Online Payments