

WILSON SCHOOL DISTRICT

GLUTEN FREE MENU - Served to students who have a medical statement on file.
LOWER & UPPER HOUSES HIGH SCHOOL (GRADES 9 - 12)

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



APRIL 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast Choices - Free Coffee GF Cereal w/ String Cheese OR GF Cereal w/ Yogurt Offered w/ Every Meal: Selection of Fruit and 100% Juice Variety of Milk	JUMP START WITH BREAKFAST Includes these 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.	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	BUILD A HEALTHY LUNCH Includes 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.	Lunch Daily Entrée Choices Featured Hot Entrees OR Salad Bar OR Yogurt Parfait w/ GF Roll Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks
Spring Break: School Closed				
April 2 IRON CHEF WINNERS!! Join us on Monday, April 9 Enjoy the Winning Breakfast & Winning Lunch voted on by YOU and the Community at the Iron Chef Competition!	April 3 Breakfast Select 1 Entrée GF Cereal w/ String Cheese Lunch Select 1 Entrée Hamburger OR Cheeseburger on GF Roll Select 1-2 Veggies & 1-2 Fruits Steamy Green Beans Mixed Fruit Cup	April 4 Breakfast Select 1 Entrée Egg, Sausage & Cheese on GF Roll Baseball Season Homerun Lunch Lunch Select 1 Entrée Double Beef Hot Dogs/GF Rolls Select 1-2 Veggies & 1-2 Fruits BBQ Baked Beans & Popcorn Apple Slices	April 5 Breakfast Select 1 Entrée Mini Breakfast Loaf OR Banana Bread w/ Yogurt Lunch Select 1 Entrée Grilled Chicken on GF Roll Select 1-2 Veggies & 1-2 Fruits Golden Corn Sweet Strawberries	April 6 Breakfast Select 1 Entrée Egg, Bacon & Cheese Slider Lunch Select 1 Entrée GF Meatballs on GF Roll = Select 1-2 Veggies & 1-2 Fruits Steamy Broccoli Applesauce Cup
April 9 Iron Chef Breakfast #1 Winner GF Cereal w/ Yogurt Iron Chef Lunch #1 Winner Walking Taco - Lettuce, Salsa, Tomato (Seasoned Beef, Corn Taco Chips) Select 1-2 Veggies & 1-2 Fruits Zesty Baked Beans Golden Pineapple	April 10 Breakfast Select 1 Entrée Egg, Sausage & Cheese on GF Roll Lunch Select 1 Entrée Double Meatball Sliders on GF Roll Select 1-2 Veggies & 1-2 Fruits Steamy Broccoli Frozen Juice Rush	April 11 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Grilled Chicken on GF Roll Select 1-2 Veggies & 1-2 Fruits Steamy Peas & Carrots Sweet Strawberries	April 12 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Cheeseburger on GF Roll Select 1-2 Veggies & 1-2 Fruits Golden Corn Festive Fruit Mix	April 13 Breakfast Select 1 Entrée Bulldog Breakfast on GF Roll (Egg, Sausage & Cheese) Lunch Select 1 Entrée Pizza Buns (2) on GF Roll Select 1-2 Veggies & 1-2 Fruits Steamy Carrots Golden Peaches
April 16 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel Lunch Select 1 Entrée Sloppy Joe on GF Roll French Bread Pizza Select 1-2 Veggies & 1-2 Fruits Golden Tater Tots (10 pc) Chilly Pears	April 17 Breakfast Select 1 Entrée Breakfast Pizza Lunch Select 1 Entrée Philly Cheesesteak on GF Roll (Sliced Cheese ONLY) Select 1-2 Veggies & 1-2 Fruits BBQ Baked Beans Chilly Applesauce Cup	April 18 Breakfast Select 1 Entrée Kellogg Eggo French Toast Mini's Lunch Select 1 Entrée GF Meatballs on GF Roll, Sauce Select 1-2 Veggies & 1-2 Fruits Green Beans Chilled Mixed Fruit Frozen Juice Rush	April 19 Breakfast Select 1 Entrée Mini Breakfast Loaf w/ Yogurt Lunch Select 1 Entrée Grilled Chicken on GF Roll Select 1-2 Veggies & 1-2 Fruits Honey Glazed Carrots Chilled Pineapple	April 20 Breakfast Select 1 Entrée Breakfast Slider Lunch Select 1 Entrée Hamburger on GF Roll Select 1-2 Veggies & 1-2 Fruits Steamy Broccoli Chilly Strawberries
April 23 Breakfast Select 1 Entrée Icing Drizzled Cinnamon Roll Lunch Select 1 Entrée Nachos: Taco Meat/Grated Cheese Select 1-2 Veggies & 1-2 Fruits Zesty Baked Beans Chilled Fruit Mix	April 24 Breakfast Select 1 Entrée Egg, Sausage & Cheese Croissant Lunch Select 1 Entrée GF Meatballs on GF Roll, Sauce Select 1-2 Veggies & 1-2 Fruits Fresh Romaine Salad Chilled Mandarin Oranges	April 25 Breakfast Select 1 Entrée Waffles w/ Syrup Lunch Select 1 Entrée Pulled Pork on GF Roll Select 1-2 Veggies & 1-2 Fruits Honey Carrot Coins Chilly Applesauce Cup	April 26 Breakfast Select 1 Entrée Blueberry or Banana Muffin w/ Yogurt Lunch Select 1 Entrée Berks Hot Dog on GF Roll Select 1-2 Veggies & 1-2 Fruits Steamy Green Beans Frozen Juice Rush	April 27 Breakfast Select 1 Entrée Bulldog Breakfast Biscuit (Egg, Bacon & Cheese) Brunch Lunch Grilled Chicken Patty on GF Roll Select 1-2 Veggies & 1-2 Fruits Steamy Broccoli Chilled Peaches
April 30 Breakfast Select 1 Entrée Pillsbury Apple Frudel or Cherry Frudel Lunch Select 1 Entrée Cheeseburger on GF Roll Select 1-2 Veggies & 1-2 Fruits Golden Corn Golden Diced Peaches	EARTH DAY, April 22 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!			

Menu subject to change without notice.

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

Make your meal complete with Milk @ Breakfast & Lunch
 1% White Milk
 FF Chocolate Milk
 FF Strawberry Milk
 Skim White Milk