

WILSON SCHOOL DISTRICT: GLUTEN FREE MENU

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

# May-June 2018

We are an equal opportunity provider and employer!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Daily Breakfast Choices</b> Featured Entrée <b>Offered w/ Every Meal:</b> Selection of Fruit and 100% Juice Variety of Milk</p> 	<p><b>BREAKFAST STARTS YOUR DAY</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. <b>Choice of Milk with Breakfast and Lunch: FF Chocolate, FF White, FF Strawberry, 1% White</b></p>	<p><b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$3.30 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> <b>Select 3 - 4 - or 5 Components:</b> 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>Friday, May 4 is <b>School Lunch Super Hero Day!</b> Thank You Food Service Staff for your dedicated service this year</p> <p><b>I'm a LUNCH LADY what's your Superpower?</b></p> 	<p><b>May 1</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Hamburger on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Broccoli Golden Pineapple</p>	<p><b>May 2</b> <b>Breakfast Select 1 Entrée</b> Egg, Sausage &amp; Cheese on GF Roll</p> <p><b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Honey Glazed Carrots Seasonal Fresh Fruit</p>	<p><b>May 3</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> BBQ Baked Beans Chilly Peaches</p>	<p><b>May 4</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Bread</p> <p><b>School Lunch Super Hero Day!!</b> GF Meatballs w/Sauce on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Super Hero Peas Applesauce Cup</p>
<p><b>May 7</b> <b>Breakfast</b> GF Cereal &amp; Yogurt</p> <p><b>Celebrate Cinco de Mayo!</b> Walking Taco - Lettuce, Salsa, Tomato</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Zesty Baked Beans Golden Pineapple</p> 	<p><b>May 8</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Roll</p> <p><b>Lunch Select 1 Entrée</b> Meatball Hoagie w/ Sauce, GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Honey Carrots Spring Ice Cream Cup &amp; Fruit</p> 	<p><b>May 9</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; String Cheese</p> <p><b>Lunch Select 1 Entrée</b> Bacon Cheeseburger on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Golden Hashbrown Seasonal Fresh Fruit</p>	<p><b>May 10</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Turkey Breast &amp; Cheese GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Peas Festive Fruit Mix</p> 	<p><b>May 11</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Bread</p> <p><b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Broccoli Golden Peaches</p>
<p><b>May 14</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Philly Cheesesteak (Sliced Am Cheese) on GF= Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Zesty Baked Beans Chilly Pears</p>	<p><b>May 15</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Roll <b>Roll Back to the 50's Diner!! Day</b></p> <p><b>Lunch Select 1 Entrée</b> String Cheese (2) w/ GF Bread</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Crisp Fresh Veggie Assortment Chilly Applesauce Cup</p>	<p><b>May 16</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; String Cheese</p> <p><b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Green Beans Chilled Mixed Fruit</p>	<p><b>May 17</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Hot Ham &amp; Cheese on GF Bread</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Honey Glazed Carrots Seasonal Fresh Fruit</p>	<p><b>May 18</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Bread</p> <p><b>Lunch Select 1 Entrée</b> American or Italian Hoagie w/ Chips on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Peas &amp; Carrots Golden Pineapple</p>
<p><b>May 21</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Nachos: Taco Meat/Shredded Cheese</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Zesty Baked Beans Chilled Fruit Mix</p> 	<p><b>May 22</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Roll</p> <p><b>Lunch Select 1 Entrée</b> Bacon Cheeseburger on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Golden Potatoes Chilly Pears</p>	<p><b>May 23</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; String Cheese</p> <p><b>Lunch Select 1 Entrée</b> Turkey Breast &amp; Cheese on GF Roll w/ Chips</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Peas Chilly Applesauce Cup</p>	<p><b>May 24</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Grilled Chicken Breast on GF Roll =</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Green Beans Frozen Juice Rush</p>	<p><b>May 25</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Bread</p> <p><b>EARLY DISMISSAL, NO LUNCH</b></p> 
<p><b>Memorial Day - School Closed</b></p>   <p>MEMORIAL DAY</p> <p>June 4</p>	<p><b>May 29</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Roll</p> <p><b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Zesty Baked Beans Fresh Melon &amp;/or Strawberries</p> 	<p><b>May 30</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; String Cheese</p> <p><b>Lunch Select 1 Entrée</b> Walking Taco - Lettuce, Salsa, Tomato</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Peas Chilly Applesauce Cup</p> 	<p><b>June 1</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Yogurt</p> <p><b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Golden Corn Chilly Mixed Fruit</p>	<p><b>June 2</b> <b>Breakfast Select 1 Entrée</b> Egg, Bacon &amp; Cheese on GF Bread</p> <p><b>Lunch Select 1 Entrée</b> American or Italian Hoagie w/ Chips on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Green Beans Chilly Pineapple</p>
<p><b>June 4</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Cheese Wedge</p> <p><b>Lunch Select 1 Entrée</b> Philly Cheesesteak on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Assorted Fresh Veggies Choice of Fresh &amp; Canned Fruit</p>	<p><b>June 5</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Cheese Wedge</p> <p><b>Lunch Select 1 Entrée</b> Variety of Chicken Entrees w/Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Steamy Broccoli Choice of Fresh &amp; Canned Fruit</p>	<p><b>June 6</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Cheese Wedge</p> <p><b>Lunch Select 1 Entrée</b> Berks Beef Hot Dog on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Zesty Baked Beans Choice of Fresh &amp; Canned Fruit</p> 	<p><b>June 7</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Cheese Wedge</p> <p><b>Lunch Select 1 Entrée</b> Hamburger on GF Roll</p> <p><b>Select 1-2 Veggies &amp; 1-2 Fruit</b> Fresh or Steamy Veggies Choice of Fresh &amp; Canned Fruit</p>	<p><b>June 8</b> <b>Breakfast Select 1 Entrée</b> GF Cereal &amp; Cheese Wedge</p> <p><b>EARLY DISMISSAL, NO LUNCH</b></p> <p>Have a fantastic summer! See you Monday, August 27!!</p> 

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