

WILSON SCHOOL DISTRICT

GLUTEN FREE HIGH SCHOOL (Grades 9 - 12) MUST HAVE A DOCTORS ORDER 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
Daily Breakfast Choice -FREE COFFEE GF Cereal w/String Cheese GF Cereal w/Yogurt or Parfait Offered w/ Every Meal: Selection of Fruit and 100% Juice Variety of Milk	BREAKFAST STARTS YOUR DAY 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 1/2 cup serving of fruit or fruit juice. Choice of Milk with Breakfast and Lunch: FF Chocolate, FF White, FF Strawberry, 1% White	Meal Prices 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 \$4.40	BUILD A HEALTHY LUNCH Select 3 - 4 - or 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.	Lunch Daily Entrée Choices Featured Hot Entrees OR Salad Bar w/ GF Roll OR Yogurt Parfait w/ GF Roll
				Note: No Salad Bar June 4 - 8 Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks
Friday, May 4 is School Lunch Super Hero Day! Thank You Food Service Staff for your dedicated service this year 	May 1 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Hamburger on GF Roll Select 1-2 Veggies & 1-2 Fruit Steamy Broccoli Golden Pineapple	May 2 Breakfast Select 1 Entrée Egg, Sausage & Cheese on GF Roll Lunch Select 1 Entrée Berks All Beef Hot Dog on GF Roll (2) Select 1-2 Veggies & 1-2 Fruit Honey Glazed Carrots Seasonal Fresh Fruit	May 3 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Grilled Chicken Breast on GF Roll Select 1-2 Veggies & 1-2 Fruit BBQ Baked Beans Chilly Peaches	May 4 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread School Lunch Super Hero Day!! Cheeseburger on GF Roll Select 1-2 Veggies & 1-2 Fruit Super Hero Peas Applesauce Cup
May 7  Breakfast GF Cereal & Yogurt Celebrate Cinco de Mayo! Walking Taco - Lettuce, Salsa, Tomato w/ Shredded Cheese Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Golden Pineapple	May 8 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll Lunch Select 1 Entrée GF Meatballs w/ Marinara Sauce on GF Roll Select 1-2 Veggies & 1-2 Fruit Honey Carrots Spring Ice Cream Cup & Fruit	May 9 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Bacon Cheeseburger on GF Roll Select 1-2 Veggies & 1-2 Fruit Golden Hashbrown Seasonal Fresh Fruit	May 10 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Turkey Breast & Cheese GF Roll Select 1-2 Veggies & 1-2 Fruit Steamy Peas Festive Fruit Mix	May 11 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll (2) Select 1-2 Veggies & 1-2 Fruit Steamy Broccoli Golden Peaches
May 14 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Philly Cheesesteak (Sliced Am Cheese) on GF Roll Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Chilly Pears	May 15 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll Lunch Select 1 Entrée String Cheese (2) w/ GF Bread Select 1-2 Veggies & 1-2 Fruit Assorted Fresh Veggies Chilly Applesauce Cup	May 16 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll(2) Select 1-2 Veggies & 1-2 Fruit Steamy Green Beans Chilled Mixed Fruit	May 17 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Hot Ham & Cheese on GF Bread Select 1-2 Veggies & 1-2 Fruit Honey Glazed Carrots Seasonal Fresh Fruit	May 18 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread Lunch Select 1 Entrée String Cheese Sticks (Unbreaded) (2) GF Roll Select 1-2 Veggies & 1-2 Fruit Steamy Peas & Carrots Golden Pineapple
May 21 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Nachos: Taco Meat/Shredded Cheese Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Chilled Fruit Mix	May 22 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll Lunch Select 1 Entrée Bacon Cheeseburger on Roll Select 1-2 Veggies & 1-2 Fruit Assorted Fresh Veggies Chilly Pears	May 23 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée GF Meatballs w/ Marinara Sauce on GF Roll Select 1-2 Veggies & 1-2 Fruit Steamy Peas Chilly Applesauce Cup	May 24 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Grilled Chicken Breast on GF Roll Select 1-2 Veggies & 1-2 Fruit Steamy Green Beans Frozen Juice Rush	May 25 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread EARLY DISMISSAL, NO LUNCH 
May 28 Memorial Day - School Closed 	May 29 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Ro Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll(2) Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Fresh Melon &/or Strawberries	May 30 Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Walking Taco - Lettuce, Salsa, Tomato w/ Shredded Cheese Select 1-2 Veggies & 1-2 Fruit Steamy Peas Chilly Applesauce Cup	May 31 Breakfast Select 1 Entrée GF Cereal & Yogurt Lunch Select 1 Entrée Cheeseburger on GF Roll Select 1-2 Veggies & 1-2 Fruit Golden Corn Chilly Mixed Fruit	June 1 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread Lunch Select 1 Entrée Hot Ham & Cheese on GF Roll Select 1-2 Veggies & 1-2 Fruit Steamy Green Beans Chilly Pineapple
June 4 Breakfast Select 1 Entrée GF Cereal w/ String Cheese or Yogurt Lunch Select 1 Entrée Philly Cheesesteak w/ Am Cheese on GF Roll Select 1-2 Veggies & 1-2 Fruit Fresh Veggies Choice of Fresh & Canned Fruit	June 5 Breakfast Select 1 Entrée GF Cereal w/ String Cheese or Yogurt Lunch Select 1 Entrée Grilled Chicken Breast on GF Roll Select 1-2 Veggies & 1-2 Fruit Steamy Broccoli Choice of Fresh & Canned Fruit	Good Luck on Your Finals We will be open for snack purchases until 10:30 am!! Knowledge is knowing a Tomato is a fruit; Wisdom is knowing not to put the tomato in the fruit salad!		June 8 Breakfast Select 1 Entrée GF Cereal w/ String Cheese or Yogurt EARLY DISMISSAL, NO LUNCH Have a fantastic summer! See you Monday August 27!! 

Menu subject to change without notice.

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