

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>Daily Breakfast Choices Featured Entrée Offered w/ Every Meal: Selection of Fruit and 100% Juice Variety of Milk</p> 	<p>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</p>	<p>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</p>	<p>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.</p> 	<p>Lunch Daily Entrée Choices Featured Hot Entrees OR Express Salads w/ GF Bread or Roll Select 1-2 Veggies & 1-2 Fruits Fresh Veggies w/ Dip & Hot Veggie Selection of Fruits & Variety of Milks</p> 
<p>Friday, May 4 is School Lunch Super Hero Day! Thank You Food Service Staff for your dedicated service this year</p> 	<p>May 1 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Hamburger on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Broccoli Golden Pineapple</p>	<p>May 2 Breakfast Select 1 Entrée Egg, Sausage & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Honey Glazed Carrots Seasonal Fresh Fruit</p>	<p>May 3 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Grilled Chicken Patty on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit BBQ Baked Beans Chilly Peaches</p>	<p>May 4 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread</p> <p>School Lunch Super Hero Day!! GF Meatballs w/ Sauce on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Super Hero Peas Applesauce Cup</p>
<p>May 7 Breakfast GF Cereal & Yogurt</p> <p>Celebrate Cinco de Mayo! Walking Taco - Lettuce, Salsa, Tomato w/ Shredded Cheese Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Golden Pineapple</p> 	<p>May 8 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée GF Meatballs w/ Sauce, GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Honey Carrots Spring Ice Cream Cup & Fruit</p>	<p>May 9 Breakfast Select 1 Entrée GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée Bacon Cheeseburger on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Golden Hashbrown Seasonal Fresh Fruit</p>	<p>May 10 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Turkey Breast & Cheese GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Peas Festive Fruit Mix</p> 	<p>May 11 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread</p> <p>Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Broccoli Golden Peaches</p>
<p>May 14 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Philly Cheesesteak (Sliced Am Cheese) on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Chilly Peas</p>	<p>May 15 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée String Cheese (2) w/ GF Bread</p> <p>Select 1-2 Veggies & 1-2 Fruit Crisp Fresh Veggie Assortment Chilly Applesauce Cup</p>	<p>May 16 Breakfast Select 1 Entrée GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Green Beans Chilled Mixed Fruit</p>	<p>May 17 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Hot Ham & Cheese on GF Bread</p> <p>Select 1-2 Veggies & 1-2 Fruit Honey Glazed Carrots Seasonal Fresh Fruit</p>	<p>May 18 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread</p> <p>Lunch Select 1 Entrée American or Italian Hoagie w/ Chips on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Peas & Carrots Golden Pineapple</p>
<p>May 21 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Nachos: Taco Meat/Shredded Cheese</p> <p>Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Chilled Fruit Mix</p> 	<p>May 22 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée Bacon Cheeseburger on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Golden Potatoes Chilly Peas</p>	<p>May 23 Breakfast Select 1 Entrée GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée Turkey Breast & Cheese on GF Roll w/ Chips</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Peas Chilly Applesauce Cup</p>	<p>May 24 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Grilled Chicken Breast on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Green Beans Frozen Juice Rush</p>	<p>May 25 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread</p> <p>EARLY DISMISSAL, NO LUNCH</p> 
<p>Memorial Day - School Closed</p>  	<p>May 29 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Roll</p> <p>Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Fresh Melon &/or Strawberries</p> 	<p>May 30 Breakfast Select 1 Entrée GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée Walking Taco - Lettuce, Salsa, Tomato w/ Shredded Cheese</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Peas Chilly Applesauce Cup</p> 	<p>May 31 Breakfast Select 1 Entrée GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée Cheeseburger on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Golden Corn Chilly Mixed Fruit</p>	<p>June 1 Breakfast Select 1 Entrée Egg, Bacon & Cheese on GF Bread</p> <p>Lunch Select 1 Entrée American or Italian Hoagie w/ Chips on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Green Beans Chilly Pineapple</p>
<p>June 4 Breakfast Select 1 Entrée GF Cereal & Cheese Wedge</p> <p>Lunch Select 1 Entrée Philly Cheesesteak on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Assorted Fresh Veggies Choice of Fresh & Canned Fruit</p>	<p>June 5 Breakfast Select 1 Entrée GF Cereal & Cheese Wedge</p> <p>Lunch Select 1 Entrée Variety of Chicken Entrees w/ Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Steamy Broccoli Choice of Fresh & Canned Fruit</p>	<p>June 6 Breakfast Select 1 Entrée GF Cereal & Cheese Wedge</p> <p>Lunch Select 1 Entrée Berks Beef Hot Dog on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Zesty Baked Beans Choice of Fresh & Canned Fruit</p>	<p>June 7 Breakfast Select 1 Entrée GF Cereal & Cheese Wedge</p> <p>Lunch Select 1 Entrée Hamburger on GF Roll</p> <p>Select 1-2 Veggies & 1-2 Fruit Fresh or Steamy Veggies Choice of Fresh & Canned Fruit</p> 	<p>June 8 Breakfast Select 1 Entrée GF Cereal & Cheese Wedge</p> <p>EARLY DISMISSAL, NO LUNCH 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 then e-Funds Online Payments