







BACK TO SCHOOL



Gluten Free Menu - Grades K - 8

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast Select 1 Entrée</u> Choice of 1/2 cup Fruit Choice of 1/2 cup 100% Juice Choose Your Favorite Milk Your breakfast must have 3 food items, 1 must be a 1/2 cup of fruit or fruit juice.	<u>Breakfast Meal Prices</u>  Elementary \$1.85 Middle School \$2.05 High School \$2.25 Reduced Price \$.30 Adult Meal \$3.25	Call Food Service Office with questions and concerns: (610) 670-0180 x 1147 Choice of Milk  1% Chocolate 1% Strawberry 1% White Skim White	<u>Lunch Meal Prices</u>  Elementary \$2.70 Middle School \$2.90 High School \$3.10 Reduced Price \$.40 Adult Meal: \$5.10	<u>LUNCH - Select 1 Entrée</u> Select 1 or 2 Vegetables Choose 1 Fruit Choose Your Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.
August 27	August 28	August 29	August 30	August 31
<u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> GF Grilled Chicken Breast on GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Fresh Cucumber & Celery Cup (No Dip) Steamy Carrots Fresh Fruit or Chilly Pineapple	<u>Breakfast Select 1 Entrée</u> Bulldog Egg & Bacon on GF Roll <u>Lunch Select 1 Entrée</u> Steak Meat on GF Roll w/ Am Cheese Select 1 or 2 Vegetables &/or 1 Fruit Super Power Broccoli (NO DIP) Zesty Baked Beans Fresh Fruit or Chilly Peaches	<u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Berks All Beef Hot Dog on GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Fresh Trio Veggie Cup (NO DIP) Golden Tater Tots (9 pc) Fresh Fruit or Chilly Applesauce	<u>Breakfast Select 1 Entrée</u> Bulldog Egg & Bacon on GF Roll <u>Lunch Select 1 Entrée</u> GF Meatballs on GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Fresh Popeye Salad (Spinach) Steamy Corn Cobette Chilly Pears or Frozen Juice Rush Cup	School Closed  Get outside and PLAY 60 Minutes!

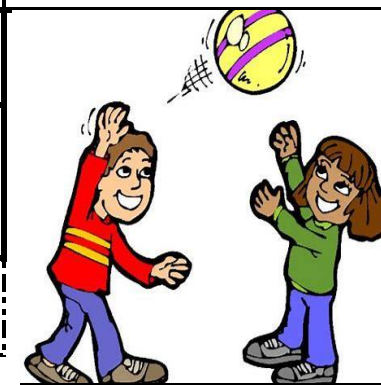
IMPORTANT INFORMATION ABOUT SCHOOL MEALS!!

ONLINE APPLICATION for FREE & REDUCED PRICE MEALS

Please complete your meal application at Skyward Family Access. If you received a letter of Direct Certification YOU DO NOT NEED to apply online! Questions, please call the FS Office!

SEEKING FUN, HAPPY STAFF FOR FOOD SERVICE! If you're looking for hours that fit your child's school schedule, want part-time hours, like working with food, enjoy the laughter of children, then we have the perfect job for YOU! Apply online at Human Resources!

Go to e-Funds Online Payments to make deposits and check account balances. Please check your child's meal account balance at least once a week! Be sure to deposit money when the account is low.



New Entrees Coming In September
CHECK OUT OUR NEW MENU!

More Kid Friendly foods,
developed with YOU in mind!
We want to hear from you
what you like, what we can
improve, how we can better
serve YOU!



5-A-DAY!
Eat 5 servings of
Vegetables & Fruit
Every Day!



