



WILSON SCHOOL DISTRICT - HIGH SCHOOL - BULLDOG CAFÉ - GRADES 9 - 12
GLUTEN FREE DIETS



August 2018



Fuel Your Day with	Monday	Tuesday	Wednesday	Thursday	Friday
One of Our Breakfast Deals! Large Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams Benefit Bar or 2-Nutrigrain Bars FREE! Cup Coffee when you buy a Breakfast Meal!	BREAKFAST - Select 1 Entrée Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Your Breakfast must have 3 food items, of which 1 must be a 1/2 cup of fruit or 100% fruit juice.	Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30 Adult Breakfast \$3.25	Contact the Food Service Office with questions and concerns: (610) 670-0180 x 1147 ----- Menu subject to change without notice! We are an equal opportunity provider and employer.	Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40 Adult Meal: \$5.10	LUNCH - Select 1 Entrée Choose 1 or 2 Vegetables Choose 1 or 2 Fruits Select Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.
Choice of Milk 1% Chocolate, Strawberry, White FF White & Lactose Free NEW LUNCH ENTRÉES!! Create Your Own Salad Large Yogurt Parfait w/ GF Bread Grab 'n Go Bulldog Power Cup Assorted Sandwiches on GF Bread	August 27 Breakfast Select 1 Entrée Gluten Free Cereal & Yogurt Lunch Select 1 Entrée Berks All Beef Hot Dog on GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Cucumber & Celery Cup & Steamy Carrots Fresh Fruit & Chilly Pineapple	August 28 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich GF Roll (Egg, Cheese, Bacon) Lunch Select 1 Entrée Philly Style Steak & Sliced Cheese /GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Super Power Broccoli & Zesty Baked Beans Fresh Fruit & Chilly Peaches	August 29 Breakfast Select 1 Entrée Gluten Free Cereal & String Cheese Lunch Select 1 Entrée Build Your Own Burger Bar - Hamburger or Veggie Burger Cheese, Bacon, Sandwich Toppings on GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Trio Veggie Cup & Golden Tater Tots Fresh Fruit & Chilly Applesauce	August 30 Breakfast Select 1 Entrée Gluten Free Cereal & Yogurt Lunch Select 1 Entrée Unbreaded Chicken Patty on GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Spinach Salad, GF Dressing & Steamy Green Beans Chilly Pears & Frozen Juice Rush Cup	August 31 School Closed! Enjoy the Labor Day Weekend! See you on Tuesday, 9/4 

IMPORTANT INFORMATION ABOUT SCHOOL MEALS!!

ONLINE APPLICATIONS for FREE & REDUCED 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 Relations!

Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments

Check your Account Balance on a Weekly Basis!



TRY OUR NEW **BAR WEDNESDAY'S!** Every Wednesday we will feature a "Build Your Own" Creation Concept! ... We've planned a Burger Bar, Taco Bar, Mashed Potato Bar, and Pasta Bar!!