






WILSON SCHOOL DISTRICT-Kindergarten-Grade 8 - Gluten Free			October 2018		
Fuel Your Day with <b>WITH A GREAT START</b> <b>STOP IN FOR BREAKFAST</b> Breakfast Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams   <b>START YOUR ENGINES!</b>  <b>TRY OUR NEW LUNCHES</b> Daily Salad Choices Uncrustable PB & J Grab 'n Go Bulldog Cup   <b>Choose Your Milk</b> 1% Chocolate or Strawberry 1% White or Skim White Lactose Free  <b>Grab 'n Go Meals</b> <b>Bulldog Power Pack</b> Meat, Egg, Cheese, Whole Grain, Vegetable & /or Fruit Select a Milk  School Lunch Week - October 15 - 19  	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items of which 1 must be a fruit or juice.	<b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$3.30	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.	<b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40	<b>LUNCH - Select 1 Entrée</b> Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.
	October 1	October 2	October 3	October 4	October 5
	<b>Breakfast Select 1 Entrée</b> GF Cheerios & Vanilla Yogurt <b>Lunch Select 1 Entrée</b> GF Meatballs on GF Roll w/ Grated Cheese  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Celery Sticks Golden Curly Fries Fresh Fruit or Chilly Mandarin Oranges	<b>Breakfast Select 1 Entrée</b> Scrambled Egg Patty, GF Roll <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dog on GF Roll  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Baby Carrots Steamy Green Beans Fresh Fruit or Chilly Peaches	<b>Breakfast Select 1 Entrée</b> GF Cheerios & String Cheese <b>Lunch Select 1 Entrée</b> Walking Taco w/ Meat & Grated Cheese, Nacho Chips  <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Lettuce & Tomato (1 cup) Steamy Mixed Veggies Fresh Fruit or Chilly Applesauce	<b>Breakfast Select 1 Entrée</b> Bulldog Sandwich-GF Roll (Egg & Ham) <b>Lunch Select 1 Entrée</b> Unbreaded Chicken Patty w/ GF Roll  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Broccoli Fresh Cucumber Fresh Fruit or Chilly Pears	<b>Breakfast Select 1 Entrée</b> Cheese Omelet Patty w/ Roll <b>Lunch Select 1 Entrée</b> Our Own Pizza on GF Roll  <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Trio of Veggies, Zesty Baked Beans Fresh Fruit Juice Rush Cup (GF)
	October 8	October 9	October 10	October 11	October 12
	<b>School Closed - Columbus Day</b> 	<b>Breakfast Select 1 Entrée</b> Bulldog Sandwich-GF Roll (Egg, Cheese & Bacon) <b>Lunch Select 1 Entrée</b> String Cheese & Meat Sticks, GF Roll  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Romaine Salad Steamy Peas & Carrots Fresh Fruit or Chilly Juice Rush	<b>Breakfast Select 1 Entrée</b> GF Cheerios & Vanilla Yogurt <b>Lunch Select 1 Entrée</b> Unbreaded Chicken Patty w/ GF Roll  <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Red Pepper Sticks Steamy Broccoli Fresh Fruit or Chilly Applesauce	<b>Breakfast Select 1 Entrée</b> Scrambled Egg Patty, GF Roll <b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Celery & Cucumber Steamy Corn Fresh Fruit or Chilly Pears	<b>Breakfast Select 1 Entrée</b> GF Cheerios & String Cheese <b>Lunch Select 1 Entrée</b> Hot Ham & Cheese on GF Roll  <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Trio of Veggies Zesty Baked Beans Fresh Fruit or Chilly Mixed Fruit
	October 15	October 16	October 17	October 18	October 19
	<b>Breakfast Select 1 Entrée</b> GF Cheerios & Vanilla Yogurt <b>Lunch Select 1 Entrée</b> Unbreaded Chicken Patty/GF Roll  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crisp Popeye Salad Steamy Peas Fresh Fruit or Chilly Pineapple	<b>Breakfast Select 1 Entrée</b> Scrambled Egg Patty, GF Roll <b>Lunch Select 1 Entrée</b> Our Own Pizza on GF Roll  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Cauliflower w/ Cucumbers Zesty Baked Beans Fresh Fruit or Chilly Peaches	<b>Breakfast Select 1 Entrée</b> GF Cheerios & String Cheese <b>Lunch Select 1 Entrée</b> Steamy Diced Turkey w/ Broth GF Bread  <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Green Beans & Mashed Potatoes Chilly Applesauce GF Juice Rush Cup	<b>Breakfast Select 1 Entrée</b> Bulldog Sandwich-GF Roll (Egg & Ham) <b>Lunch Select 1 Entrée</b> Nacho Salad (Seasoned Meat, Grated Cheese, Corn Chips)  <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Red Pepper Sticks Steamy Corn Fresh Fruit or Chilly Pears	<b>Breakfast Select 1 Entrée</b> Cheese Omelet Patty w/ Roll <b>Lunch Select 1 Entrée</b> Hamburger on GF Roll  <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Trio Veggie Cup Golden Potato Smiles Fresh Fruit or Chilly Mixed Fruit



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<p>Fuel Your Day with <b>WITH A GREAT START</b> <b>STOP IN FOR BREAKFAST</b> Breakfast Yogurt Parfait Poparts &amp; String Cheese Assorted Cereal &amp; Grahams</p>	<p><b>Monday</b> <b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &amp;/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items of which 1 must be a fruit or juice.</p>	<p><b>Tuesday</b> <b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p><b>Wednesday</b> 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.</p>	<p><b>Thursday</b> <b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p><b>Friday</b> <b>LUNCH - Select 1 Entrée</b> Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
	<p><b>October 22</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios &amp; Vanilla Yogurt <b>Lunch Select 1 Entrée</b> String Cheese &amp; Meat Sticks, GF Roll <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Cucumber &amp; Celery Cup Steamy Carrots Fresh Fruit or Chilly Pineapple</p>	<p><b>October 23</b> <b>Breakfast Select 1 Entrée</b> Bulldog Sandwich-GF Roll (Egg, Cheese &amp; Bacon) <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dog on GF Roll <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Super Power Broccoli Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p><b>October 24</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios &amp; Vanilla Yogurt <b>Lunch Select 1 Entrée</b> Hot Ham &amp; Cheese on GF Roll <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Popeye Salad Steamy Corn Cobette Chilly Applesauce or Juice Rush</p>	<p><b>October 25</b> <b>Breakfast Select 1 Entrée</b> Scrambled Egg Patty, GF Roll <b>Lunch Select 1 Entrée</b> Unbreaded Chicken Patty w/ GF Roll <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Baby Carrots Steamy Broccoli Fresh Fruit or Chilly Pears</p>	<p><b>October 26</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios &amp; String Cheese <b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll <b>OR</b> Chicken Caesar Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Trio of Veggies Cup Golden Tater Tots Fresh Fruit or Chilly Mixed Fruit</p>
<p><b>October 29</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios &amp; Vanilla Yogurt <b>Lunch Select 1 Entrée</b> GF Meatballs on GF Roll w/ Grated Cheese <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Celery Sticks Golden Curly Fries Fresh Fruit or Chilly Mandarin Oranges</p>	<p><b>October 30</b> <b>Breakfast Select 1 Entrée</b> Scrambled Egg Patty, GF Roll <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dog on GF Roll <b>OR</b> Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Baby Carrots Steamy Green Beans Fresh Fruit or Chilly Peaches</p>	<p><b>October 31</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios &amp; String Cheese <b>Early Dismissal - No Lunch</b></p>			
<p>Use e-Funds for Schools to put money into your child's account at <a href="http://www.wilsonsd.org">www.wilsonsd.org</a> Go to: e-Funds Online Payments. Menu subject to change without notice! We are an equal opportunity provider and employer. <b>NOW HIRING!!! Work when your children are in school - be off when they're off!!</b></p>					

**GRAB N' GO**  
**Yogurt Parfait**  
Yogurt, 1-cup Fruit, Grain  
Select Veggies  
Choose a Milk

