


WILSON SCHOOL DISTRICT-Gluten Free: HIGH SCHOOL MENUS - GRADES 9 - 12



November 2018



Fuel Your Day with <u>One of Our Breakfast Deals!</u> Large Yogurt Parfait (GF Bread) FREE! Cup Coffee when you buy a Breakfast Meal! 	Monday 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.	Tuesday Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30 Adult Breakfast \$3.25	Wednesday Contact the Food Service Office with questions and concerns: (610) 670-0180 x 1148 <hr/> Menu subject to change without notice! We are an equal opportunity provider and employer.	Thursday Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40 Adult Meal: \$5.10	Friday 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.
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Choice of Milk
 1% Chocolate, Strawberry, White
 FF White & Lactose Free



Gluten Free Menus
 Daily Special Entrée
 Build Your Own Salad Bar
 Large Yogurt Parfait
 Grab & Go Bulldog Power Cup



Celebrating Band, Orchestra and Choral Groups

November 1 Breakfast Select 1 Entrée GF Cheerios & Vanilla Yogurt Lunch Select 1 Entrée Hot Ham & Cheese on GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Super Broccoli Side Tossed Salad Fresh Fruit & Chilly Pears & IC Treat	November 2 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich (GF) Lunch Select 1 Entrée Grilled Chicken Patty/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Trio Veggies Zesty Baked Beans Fresh Fruit & Chilly Mixed Fruit
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November 5 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich Lunch Select 1 Entrée Hamburger on GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Romaine Salad, Dressing Zesty Baked Beans Chilly Peaches & Frozen Juice Rush	November 6 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich Lunch Select 1 Entrée Berks All Beef Hot Dog on Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Romaine Salad, Dressing Zesty Baked Beans Chilly Peaches & Frozen Juice Rush	November 7 Breakfast Select 1 Entrée GF Cheerios, String Cheese Lunch Select 1 Entrée Grilled Chicken Patty on GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Spinach Salad, Dressing Steamy Broccoli Fresh Fruit & Chilly Applesauce	November 8 Breakfast Select 1 Entrée French Toast Sticks (4 pc), Syrup Lunch Select 1 Entrée GF Cheesy Pizza Buns Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Celery & Cucumbers Golden Onion rings Fresh Fruit & Chilly Pears	November 9 Breakfast Select 1 Entrée GF Cheerios & Vanilla Yogurt Lunch Select 1 Entrée Hot Roast Beef Sandwich on GF w/ Broth Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Trio of Veggies Curly Fries Fresh Fruit & Chilly Mixed Fruit
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November 12 Breakfast Select 1 Entrée GF Cheerios, String Cheese Lunch Select 1 Entrée Hamburger or Cheeseburger on GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Romaine Salad, Dressing Steamy Peas Fresh Fruit & Chilly Pineapple	November 13 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich (GF) Lunch Select 1 Entrée Berks All Beef Hot Dog on Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Carrots Zesty Baked Beans Fresh Fruit & Chilly Peaches	November 14 Breakfast Select 1 Entrée Cheesy Egg Omelet & GF Bread Thanksgiving Feast Hot Turkey (Turkey Broth) & GF Dinner Rolls Select 1 or 2 Vegetables &/or 1 or 2 Fruit Steamy Green Beans & Mashed Potatoes Fresh Fruit & Chilly Pears Juice Rush Cup	November 15 Breakfast Select 1 Entrée GF Cheerios & Vanilla Yogurt Lunch Select 1 Entrée Mexican Tacos (Corn Taco Shell w/ Taco Meat & Shredded Cheese) Select 1 or 2 Vegetables &/or 1 or 2 Fruit Lettuce, Tomato, Corn Fresh Fruit & Chilly Fruit GF Dessert	November 16 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich (GF) Lunch Select 1 Entrée Hot Ham & Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Crisp Veggies Steamy Carrots Fresh Fruit & Chilly Mixed Fruit
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Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments.
 Menu subject to change without notice! We are an equal opportunity provider.
WE NEED YOU! NOW HIRING - Permanent & Substitute Positions! Work when your child(ren) are in school! Have off when they're off!!





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 <p>Good Luck Athletes!</p>	<p>November 19 <u>Breakfast Select 1 Entrée</u> Cheesy Omelet & GF Bread <u>Early Dismissal - No Lunch</u></p>	<p>November 20 <u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Sandwich <u>Early Dismissal - No Lunch</u></p> 	<p>November 21 <u>School Closed</u> Act 80 Professional Development <u>Fall Break Begins</u></p> 	<p>November 22 <u>Happy Thanksgiving</u> Fall Break</p> 	<p>November 23 <u>School Closed</u> Fall Break</p> 
	<p>November 26 <u>School Closed</u> Fall Break</p> 	<p>November 27 <u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Sandwich (GF) <u>Lunch Select 1 Entrée</u> Walking Taco (Nacho Chips, Meat, Grated Cheese) <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crunchy Baby Carrots Steamy Green Beans Fresh Fruit & Chilly Peaches</p>	<p>November 28 <u>Breakfast Select 1 Entrée</u> Cheesy Egg Omelet & GF Bread <u>Lunch Select 1 Entrée</u> Top Your Own Mashed Potato Bar Diced Chicken, Corn, Crumbled Bacon, Cheese, GF Dinner Rolls (2) <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Chilled Cucumber Slices Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>November 29 <u>Breakfast Select 1 Entrée</u> GF Cheerios & Vanilla Yogurt <u>Lunch Select 1 Entrée</u> Hot Ham & Cheese on Pretzel Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Super Broccoli Side Tossed Salad Fresh Fruit & Chilly Pears & IC Treat</p>	<p>November 30 <u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Sandwich (GF) <u>Lunch Select 1 Entrée</u> Grilled Chicken Patty/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Trio Veggies Zesty Baked Beans Fresh Fruit & Chilly Mixed Fruit</p>

