

**WILSON SCHOOL DISTRICT GLUTEN FREE - GRADES 9 - 12**

**December 2018**



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| Fuel Your Day with Our Breakfast Deals!<br><br>FREE! Cup Coffee when you buy a Breakfast Meal!   | <b>Monday</b><br><b>BREAKFAST - Select 1 Entrée</b><br>Choose 1 Fruit &/or 1 Fruit Juice<br><b>Select Favorite Milk</b><br>Your Breakfast must have 3 food items, of which 1 must be a 1/2 cup of fruit or 100% fruit juice.  | <b>Tuesday</b><br><b>Meal Prices</b><br>Elementary Breakfast \$1.85<br>Middle School Breakfast \$2.05<br>High School Breakfast \$2.25<br>Reduced Breakfast \$.30<br>Adult Breakfast \$3.25   | <b>Wednesday</b><br>Contact the Food Service Office with questions and concerns:<br>(610) 670-0180 x 1148<br>Menu subject to change without notice. We are an equal opportunity provider and employer.   | <b>Thursday</b><br><b>Meal Prices</b><br>Elementary Lunch \$2.70<br>Middle School Lunch \$2.90<br>High School Lunch \$3.10<br>Reduced Lunch \$.40<br>Adult Meal: \$5.10  | <b>Friday</b><br><b>LUNCH - Select 1 Entrée</b><br>Choose 1 or 2 Vegetables<br>Choose 1 or 2 Fruits<br><b>Select Favorite Milk</b><br>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.   |
|  | <b>December 3</b><br><b>Breakfast Select 1 Entrée</b><br>Strawberry Yogurt w/ GF Cheerios<br><b>Lunch Select 1 Entrée</b><br>Grilled Chicken on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Mashed Potatoes NO Gravy<br>Steamy Broccoli<br>Fresh Fruit & Chilly Mandarin Oranges           | <b>December 4</b><br><b>Breakfast Select 1 Entrée</b><br>Bulldog Breakfast Sandwich (GF Bread)<br><b>Lunch Select 1 Entrée</b><br>Bacon Cheeseburger on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Baby Carrots<br>Curly Fries<br>Fresh Fruit & Chilly Peaches                     | <b>December 5</b><br><b>Breakfast Select 1 Entrée</b><br>Vanilla Yogurt w/ GF Cheerios<br><b>Lunch Select 1 Entrée</b><br>Walking Taco (GF Corn Chips)<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Steamy Corn<br>Zesty Baked Beans<br>Fresh Fruit & Chilly Applesauce                            | <b>December 6</b><br><b>Breakfast Select 1 Entrée</b><br>Sausage, Egg & Cheese Slider (GF Bread)<br><b>Lunch Select 1 Entrée</b><br>Grilled Cheese on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Crunchy Broccoli<br>Steamy Green Beans<br>Fresh Fruit & Chilly Pears & IC Treat | <b>December 7</b><br><b>Breakfast Select 1 Entrée</b><br>GF Cheerios w/ String Cheese<br><b>Lunch Select 1 Entrée</b><br>Berks All Beef Hot Dog on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Fresh Trio Veggies<br>Oven Baked Fries<br>Fresh Fruit & Chilly Mixed Fruit |
| Choice of Milk<br>1% Chocolate, Strawberry, White FF White & Lactose Free<br><b>We Also Offer</b><br>Create Your Own Salad   | <b>December 10</b><br><b>Breakfast Select 1 Entrée</b><br>Vanilla Yogurt w/ GF Cheerios<br><b>Lunch Select 1 Entrée</b><br>Hamburger or Cheeseburger on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Fresh Baby Carrots<br>Oven Baked French Fries<br>Fresh Fruit & Chilly Mandarin Oranges | <b>December 11</b><br><b>Breakfast Select 1 Entrée</b><br>Scrambled Egg Patty w/GF Roll<br><b>Lunch Select 1 Entrée</b><br>Berks All Beef Hot Dog on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Steamy Mixed Vegetables<br>Zesty Baked Beans<br>Chilly Peaches & Frozen Juice Rust | <b>December 12</b><br><b>Breakfast Select 1 Entrée</b><br>GF Cheerios w/ String Cheese<br><b>Holiday Celebration</b><br>Sliced Turkey GF Dinner Roll<br>Steamy Green Beans<br>Fluffy Potatoes<br>Chilly Applesauce & Fruit Juice<br>GF Ice Cream Treat   | <b>December 13</b><br><b>Breakfast Select 1 Entrée</b><br>Strawberry Yogurt w/ GF Cheerios<br><b>Lunch Select 1 Entrée</b><br>Grilled Chicken on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Fresh Celery & Cucumbers<br>Fresh Baby Carrots<br>Fresh Fruit & Chilly Pears         | <b>December 14</b><br><b>Breakfast Select 1 Entrée</b><br>Cheese Omelet w/ GF Roll<br><b>Lunch Select 1 Entrée</b><br>BBQ Pulled Pork on GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Curly Fries<br>Fresh Trio Veggies<br>Fresh Fruit & Chilly Mixed Fruit                |
| <b>December 17</b><br><b>Breakfast Select 1 Entrée</b><br>Strawberry Yogurt w/ GF Cheerios<br><b>Lunch Select 1 Entrée</b><br>Bacon Cheeseburger, GF Roll<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Baby Carrots<br>Zesty Baked Beans<br>Fresh Fruit & Chilly Pineapple | <b>December 18</b><br><b>Breakfast Select 1 Entrée</b><br>Bulldog Breakfast Sandwich (GF Bread)<br><b>Lunch Select 1 Entrée</b><br>Top Your Diced Chicken Bowl (No Breading & No Gravy)<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Mashed Potatoes<br>Steamy Corn<br>Fresh Fruit & Chilly Peaches | <b>December 19</b><br><b>Breakfast Select 1 Entrée</b><br>Vanilla Yogurt w/ GF Cheerios<br><b>Lunch Select 1 Entrée</b><br>Mexican Tacos (2) HARD SHELL<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>Romaine Salad w/ Italian Dr.<br>Fresh Baby Carrots<br>Fresh Fruit & Chilly Applesauce   | <b>December 20</b><br><b>Breakfast Select 1 Entrée</b><br>Sausage, Egg & Cheese Slider (GF Bread)<br><b>Lunch Select 1 Entrée</b><br>Our Own GF Pizza Buns (4 pc)<br>Select 1 or 2 Vegetables &/or 1 or 2 Fruit<br>French Fries & Fresh Veggies<br>Fresh Fruit & Chilly Pears<br>GF Frozen Juice Treat | <b>December 21</b><br><b>Breakfast Select 1 Entrée</b><br>GF Cheerios w/ String Cheese<br><b>Early Dismissal - Winter Break</b><br>School Closed<br>Monday, December 24<br>Classes Resume<br>Wednesday, January 2  |  |



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

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**WE NEED YOU! NOW HIRING - Permanent & Substitute Positions! Work when your child(ren) are in school! Have off when they're off!!**

