

WILSON SCHOOL DISTRICT **GLUTEN FREE** KINDERGARTEN - GRADE 8

January 2019

<p>Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST</p> 	<p>Monday <u>BREAKFAST - Select 1 Entrée</u> Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p>Tuesday <u>Meal Prices</u> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p>Wednesday 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>Thursday <u>Meal Prices</u> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>Friday <u>LUNCH - Select 1 Entrée</u> 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>January 1 <u>School Closed</u> HAPPY NEW YEAR  Happy New Year</p>	<p>January 2 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Beefy Hard Shell Taco w/ Cheese Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Broccoli Cucumber Slices w/ Dip Fresh Fruit or Chilly Applesauce</p>	<p>January 3 <u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese on GF Roll <u>Lunch Select 1 Entrée</u> Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Celery Dippers & Curly Fries Fresh Fruit OR Chilly Pears Variety of Frozen Twister Cups</p>	<p>January 4 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> String Cheese (2) w/ GF Rolls Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Mixed Vegetables Zesty Baked Beans Fresh Fruit OR Chilly Mixed Fruit</p>
<p><u>Choose Your Milk</u> 1% Chocolate or Strawberry 1% White or Skim White Lactose Free <u>Grab 'n Go Meals</u> <u>Bulldog Power Pack</u> Meat, Egg, Cheese, Whole Grain, Vegetable & /or Fruit Select a Milk</p>	<p>January 7 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Hamburger or Cheeseburger/GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Zesty Baked Beans Baked Hashbrown Potatoes Fresh Fruit or Mandarin Oranges</p>	<p>January 8 <u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese on GF Roll <u>Lunch Select 1 Entrée</u> Bulldog Power Pack (Meat, Cheese, GF Roll) Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Romaine Salad w/ Dressing Steamy Peas & Carrots Chilly Peaches or Frozen Juice Rush</p>	<p>January 9 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Berks All Beef Hot Dog/GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Broccoli Grape Tomatoes w/ Dip Fresh Fruit OR Chilly Applesauce</p>	<p>January 10 <u>Breakfast Select 1 Entrée</u> Egg Patty w/ GF Toast <u>Lunch Select 1 Entrée</u> Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Fresh Celery & Cucumber w/ Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p>January 11 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Grilled Cheese on GF Bread Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Green Beans Fresh Baby Carrots w/ Dip Fresh Fruit or Chilly Mixed Fruit</p>
 <p><u>Bulldog Power Pack</u> Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p>	<p>January 14 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Philly Steak, Am Cheese, GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Oven Baked French Fries Steamy Peas Fresh Fruit OR Chilly Mandarin Oranges</p>	<p>January 15 <u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese on GF Roll <u>Lunch Select 1 Entrée</u> Grilled Chicken Parmesan/GF Roll Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Zesty Baked Beans Steamy Corn Fresh Fruit or Chilly Peaches</p>	<p>January 16 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Turkey Ham & Cheese on GF Bread Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Baby Carrots w/ Dip Steamy Broccoli Fresh Fruit OR Chilly Applesauce</p>	<p>January 17 <u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese on GF Roll <u>Lunch Select 1 Entrée</u> Bulldog Power Pack (Meat, Cheese, GF Roll) Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Oven Baked Fries Steamy Mixed Vegetables Fresh Fruit OR Chilly Pears</p>	<p>January 18 <u>SCHOOL CLOSED</u> Act 80 Day - Teacher In-Service </p>

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	<p>January 21</p> <p>SCHOOL CLOSED MARTIN LUTHER KING HOLIDAY</p> 	<p>January 22</p> <p>Breakfast Select 1 Entrée Sausage, Egg & Cheese on GF Roll Lunch Select 1 Entrée Cheeseburger on Roll Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Oven Baked Fries Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>January 23</p> <p>Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Ham, Potatoes & Green Beans, GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit or Chilly Applesauce</p>	<p>January 24</p> <p>Breakfast Select 1 Entrée Egg Patty w/ GF Toast Lunch Select 1 Entrée Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Potato Smiles Steamy Mixed Vegetables Fresh Fruit or Chilly Pears</p>	<p>January 25</p> <p>Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Hearty Chicken Corn Soup w/ GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Broccoli Celery Sticks w/ Dip Fresh Fruit or Chilly Mixed Fruit</p>
<p>Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p> 	<p>January 28</p> <p>Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Bulldog Power Pack (Meat, Cheese, GF Roll) Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Tater Tots Steamy Broccoli Fresh Fruit OR Chilly Mandarin Oranges</p>	<p>January 29</p> <p>Breakfast Select 1 Entrée Sausage, Egg & Cheese on GF Roll Lunch Select 1 Entrée Grilled Cheese Sandwich/GF Bread Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit or Chilly Peaches</p>	<p>January 30</p> <p>Breakfast Select 1 Entrée GF Cereal & String Cheese Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Corn Black Bean Salsa Fresh Fruit OR Chilly Applesauce</p>	<p>January 31</p> <p>Breakfast Select 1 Entrée Sausage, Egg & Cheese on GF Roll Lunch Select 1 Entrée Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Curly Fries Celery Dippers Fresh Fruit OR Chilly Pears</p>	

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

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WE NEED YOU! NOW HIRING - Permanent & Substitute Positions!

