





WILSON SCHOOL DISTRICT **GLUTEN FREE** HIGH SCHOOL MENU



January 2019



9 - 12

Fuel Your Day with <b>Breakfast</b> Free Cup of WaWa Coffee When You Buy Breakfast	<b>Monday</b> <b>BREAKFAST - Select 1 Entrée</b> 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.	<b>Tuesday</b> <b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$ .30 Adult Breakfast \$3.25	<b>Wednesday</b> 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.	<b>Thursday</b> <b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$ .40 Adult Meal: \$5.10	<b>Friday</b> <b>LUNCH - Select 1 Entrée</b> 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 1% & FF White Lactose Free 	<b>January 1</b> <b>PIN 'EM Team!</b> 	<b>January 2</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Create Your Own Burger- GF Roll Bacon, Cheese, Lettuce, Tomato Select 1 or 2 Vegetables &/or 1 or 2 Fruit Curly Fries Crunchy Broccoli w/ Dip Fresh Fruit & Chilly Applesauce	<b>January 3</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg & Cheese GF Roll <b>Lunch Select 1 Entrée</b> Walking Taco- American Cheese Salad Bar w/ Gluten Free Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Crunchy Celery w/ Dip Mexican Fiesta Beans Fresh Fruit & Chilly Pears	<b>January 4</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty - GF Roll Salad Bar w/ Gluten Free Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Oven Baked Fries Baby Carrots w/ Dip Fresh Fruit & Chilly Mixed Fruit
<b>Build Your Own</b>  <b>TRY A GLUTEN FREE BULLDOG POWER PACK</b>	<b>January 7</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger GF Roll Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Fresh Baby Carrots, Dip Oven Baked French Fries Fresh Fruit & Mandarin Oranges	<b>January 8</b> <b>Breakfast Select 1 Entrée</b> Egg Patty on GF Roll <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Steamy Mixed Vegetables Zesty Baked Beans Chilly Peaches & Frozen Juice Rush	<b>January 9</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> BBQ Pulled Pork on GF Roll Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Curly Fries Fresh Trio Veggies w/ Dip Fresh Fruit & Chilly Applesauce	<b>January 10</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg & Cheese GF Roll <b>Lunch Select 1 Entrée</b> 2- Berks Hot Dogs -GF Roll Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Steamy Baby Carrots Marinara Sauce Fresh Fruit & Chilly Pears	<b>January 11</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Chicken Veggie Soup w/ 2 GF Rolls Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Mixed Fruit
	<b>Try Our Homemade Soups</b> January is National Soup Month! 	<b>January 14</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Bacon Cheeseburger/GF Roll Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Baby Carrots w/ Dip Oven Baked Fries Fresh Fruits or Pineapple	<b>January 15</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sand /GF Roll <b>Lunch Select 1 Entrée</b> Mexican Tacos (2) Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Romaine Salad w/ Dressing Mexican Fiesta Beans Fresh Fruit & Chilly Peaches	<b>January 16</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Create your Own Mashed Potato Bowl w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Mashed Potatoes w/ Gravy Steamy Corn Fresh Fruit & Chilly Applesauce	<b>January 17</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg & Cheese GF Roll <b>Lunch Select 1 Entrée</b> Beefy Chili w/GF Roll Salad Bar w/ GF Roll Select 1 or 2 Vegetables &/or 1 or 2 Fruit Crispy French Fries Steamy Mixed Vegetables Fresh Fruit & Chilly Pears




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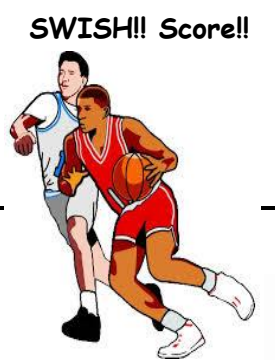
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	<b>January 21</b> <b>School Closed</b> Martin Luther King Holiday 	<b>January 22</b> <b>Breakfast Select 1 Entrée</b> Egg Patty on GF Roll <b>Lunch Select 1 Entrée</b> Bacon Cheeseburger on Roll Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Oven Baked Fries Brown Sugar Baked Beans Fresh Fruit & Chilly Peaches	<b>January 23</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Ham, Potatoes & Green Beans w/GF Roll Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Applesauce	<b>January 24</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg & Cheese GF Roll <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Oven Baked Curly Fries Steamy Mixed Vegetables Fresh Fruit & Chilly Pears	<b>January 25</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Hearty Chicken Corn Soup/GF Roll Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Steamy Broccoli Celery Sticks w/ Dip Fresh Fruit & Chilly Mixed Fruit
<b>Build Your Own</b> 	<b>January 28</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Bulldog Power Pack Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Tater Tots Steamy Broccoli Fresh Fruits or Pineapple	<b>January 29</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sand /GF Roll <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich/GF Roll Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Peaches	<b>January 30</b> <b>Breakfast Select 1 Entrée</b> GF Cereal & String Cheese <b>Lunch Select 1 Entrée</b> Beefy Hard Shell Taco w/ Cheese Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Steamy Broccoli Black Bean Salsa Fresh Fruit & Chilly Applesauce	<b>January 31</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg & Cheese GF Roll <b>Lunch Select 1 Entrée</b> Regular or Spicy Chicken Patty on Roll Salad Bar w/ GF Roll <b>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</b> Curly Fries Celery Dippers Fresh Fruit & Chilly Pears	<b>GO Lady Bulldogs!</b> 

TRY A GLUTEN FREE BULLDOG POWER PACK



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 Postions!**



**GOOD LUCK!!!**  
 Mid-Term Exams are coming, be sure to eat healthy, get plenty of rest and take study breaks to keep your brain actively engaged!

