

WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 8 - Gluten Free

February 2019

<p><i>Fuel Your Day with</i> WITH A GREAT START STOP IN FOR BREAKFAST Gluten Free Cereal & Yogurt or String Cheese</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 <i>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147</i> 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>
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Chinese New Year - Year of the Pig

In Chinese culture the New Year celebration takes place over 2-weeks. Students in the HS Chinese class and Asian Club will be providing cultural experiences in our cafeterias beginning Feb. 5.

<p>February 1 <u>Breakfast Select 1 Entrée</u> GF Cereal & Yogurt Superbowl Celebration Walking Taco w/ Salsa</p>
<p>Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Side Salad w/ Choice of Dressing Zesty Baked Beans Fresh Fruit & Chilly Mixed Fruit</p>

<p><u>Choose Your Milk</u> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>
<p><u>Grab 'n Go Meals</u></p>
<p><u>Bulldog Power Pack</u> Meat, Egg, Cheese, GF Grain, Vegetable & /or Fruit Select a Milk</p>

<p>February 4 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Hamburger or Cheeseburger on GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Fresh Baby Carrots w/ Dip Baked Hashbrown Potatoes Fresh Fruit or Mandarin Oranges</p>

<p>February 5 <u>Breakfast Select 1 Entrée</u> GF Cereal & Yogurt Chinese New Year - Fortune Cookie Day Unbreaded Chicken w/wo Orange Sauce & Oriental Rice Chef's Salad w/ GF Rolls <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Steamy Broccoli Fresh Veggies w/ Dip Chilly Peaches or Fresh Fruit</p>

<p>February 6 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Hot Dog on GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce</p>

<p>February 7 <u>Breakfast Select 1 Entrée</u> GF Cereal & Yogurt <u>Lunch Select 1 Entrée</u> Meatball Sandwich on GF Roll Unbreaded Chicken on GF Roll Chef's Salad w/ GF Rolls <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>February 8 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Lunch Select 1 Entrée</u> Ham & Cheese on GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Black Bean Salsa Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>

<p><u>Yogurt Parfait Lunch</u> Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk</p>
<p></p>
<p><u>Bulldog Power Pack</u> Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit GF Roll & Choice of Milk</p>

<p>February 11 <u>Breakfast Select 1 Entrée</u> GF Cereal & Yogurt <u>Lunch Select 1 Entrée</u> Hamburger on 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 & Chilly Mandarin Oranges</p>

<p>February 12 <u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Sandwich on GF Roll <u>Lunch Select 1 Entrée</u> Unbreaded Chicken Parmesan on GF Roll Berks All Beef Hot Dog on GF Roll Chef's Salad w/ Croutons & Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Zesty Baked Beans Steamy Mixed Vegetables Fresh Fruit or Chilly Peaches</p>



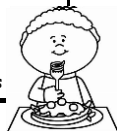





<p>February 13 <u>Breakfast Select 1 Entrée</u> GF Cereal & String Cheese <u>Brunch Lunch Select 1 Entrée</u> Philly Cheese Steak on GF Roll Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Baby Carrots w/ Dip Golden Tater Tots Fresh Fruit or Chilled Fruit Juice</p>

<p>February 14 <u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese Slider/GF Bread VALENTINE'S DAY LUNCH Sweetheart Pepperoni or Cheesy Pizzas- GF Roll Cupid Unbreaded Chicken on GF Roll Lovely Garden Salad w/ Cheese & GF Roll <u>Select 1 or 2 Vegetables &/or 1 Fruit</u> Oven Baked Fries Steamy Broccoli Fresh Fruit or Chilly Pears AND Valentine Ice Cream Cup</p>

February 15
SCHOOL CLOSED
Act 80 Day - Teacher In-Service

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February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST</i></p> <p>Gluten Free Cereal & Yogurt or String Cheese</p>	<p>BREAKFAST - Select 1 Entrée</p> <p>Choose 1 Fruit &/or 1 Fruit Juice</p> <p>Select Favorite Milk</p> <p>Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p>Meal Prices</p> <p>Elementary Breakfast \$1.85</p> <p>Middle School Breakfast \$2.05</p> <p>High School Breakfast \$2.25</p> <p>Reduced Breakfast \$.30</p>	<p>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147</p> <p>Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p>Meal Prices</p> <p>Elementary Lunch \$2.70</p> <p>Middle School Lunch \$2.90</p> <p>High School Lunch \$3.10</p> <p>Reduced Lunch \$.40</p>	<p>LUNCH - Select 1 Entrée</p> <p>Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk</p> <p>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
	<p>February 18</p> <p>SCHOOL CLOSED</p> <p>PRESIDENT'S DAY</p> 	<p>February 19</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée</p> <p>Cheeseburger on GF Roll</p> <p>Chicken Tenders w/ GF Roll</p> <p>Chef's Salad w/ GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Oven Baked Fries</p> <p>Zesty Baked Beans</p> <p>Fresh Fruit or Chilly Peaches</p> 	<p>February 20</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée</p> <p>Beefy Chili w/ GF Rolls (2)</p> <p>Berks All Beef Hot Dog on GF Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Green Beans</p> <p>Baby Carrots w/ Dip</p> <p>Fresh Fruit or Chilly Applesauce</p> 	<p>February 21</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée</p> <p>Regular or Spicy Chicken Patty on GF Roll</p> <p>Chef's Salad w/ Croutons & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Potato Smiles</p> <p>Steamy Broccoli</p> <p>Fresh Fruit or Chilly Pears</p>	<p>February 22</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée</p> <p>Walking Taco w/ Salsa</p> <p>Cheese Quesadilla w/ Marinara Sauce</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Corn</p> <p>Celery Sticks w/ Dip</p> <p>Fresh Fruit & Chilly Mixed Fruit</p>
<p>Yogurt Parfait Lunch</p> <p>Yogurt w/ Fruit & Granola</p> <p>Hot & Cold Veggies</p> <p>Choice of Milk</p> 	<p>February 25</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & Yogurt</p> <p>Lunch Select 1 Entrée</p> <p>Beefy Tater Tot Casserole & GF Roll</p> <p>Berks Beef Hot Dog on GF Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Romaine Salad w/ Choice Dressing</p> <p>Golden Tater Tots</p> <p>Fresh Fruit & Chilly Mandarin Oranges</p> 	<p>February 26</p> <p>Breakfast Select 1 Entrée</p> <p>Bulldog Breakfast Sandwich on GF Roll</p> <p>Lunch Select 1 Entrée</p> <p>Grilled Cheese Sandwich/GF Bread</p> <p>Chicken Tenders w/ GF Roll</p> <p>Chef's Salad w/ & GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Green Beans</p> <p>Baby Carrots w/ Dip</p> <p>Fresh Fruit or Chilly Peaches</p>	<p>February 27</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal & String Cheese</p> <p>Lunch Select 1 Entrée</p> <p>Beefy Hard Shell Taco w/ Cheese</p> <p>Hot Ham & Cheese on Pretzel Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Corn</p> <p>Black Bean Salsa</p> <p>Fresh Fruit & Chilly Applesauce</p>	<p>February 28</p> <p>Breakfast Select 1 Entrée</p> <p>Sausage, Egg & Cheese Slider/GF Bread</p> <p>**NEW* Grab 'n Go *NEW**</p> <p>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</p> <p>(2) String Cheese & GF Roll</p> <p>Fresh Veggies w/ Ranch Dressing</p> <p>Variety of Fruit</p> <p>Choice of Milk</p>	<p>Will March come in like a LION or a LAMB?</p> 
<p>Bulldog Power Pack</p> <p>Meat & Cheese, or Egg & Ham</p> <p>Hot & Cold Veggies w/ Fruit</p> <p>GF Roll & Choice of Milk</p> <p>Choose Your Milk</p> <p>1% Chocolate</p> <p>1% Strawberry</p> <p>1% White or Skim White</p> <p>Lactose Free</p> 					

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