


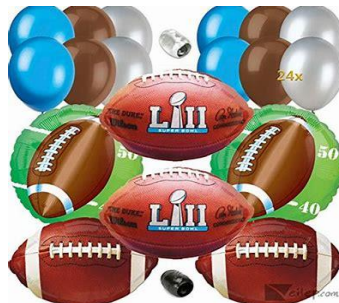








WILSON SCHOOL DISTRICT HIGH SCHOOL MENU - GRADES 9 - 12 - Gluten Free

February 2019

<p>Fuel Your Day with <u>One of Our Breakfast Deals!</u> GF Cereal w/ Yogurt or String Cheese FREE! Cup Coffee when you buy a Breakfast Meal!</p>	<p>Monday <u>BREAKFAST - Select 1 Entrée</u> 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.</p>	<p>Tuesday <u>Meal Prices</u> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30 Adult Breakfast \$3.25</p>	<p>Wednesday <i>Contact the Food Service Office with questions and concerns: (610) 670-0180 x 1148</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 Adult Meal: \$5.10</p>	<p>Friday <u>LUNCH - Select 1 Entrée</u> 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.</p>
<p>Choice of Milk 1% Chocolate & Strawberry 1% & FF White Lactose Free</p> 	<p>Chinese New Year - Year of the Pig</p>  <p>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> 				<p>February 1 <u>Breakfast Select 1 Entrée</u> Pillsbury Filled Crescent Superbowl Celebration Buffalo Chicken Dip w/ Bag of Nachos <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Celery Sticks w/ Dip Side Salad Fresh Fruit & Chilly Mixed Fruit</p>
<p>We Also Offer Variety of Pizzas Create Your Own Salad Assorted Cold Sandwiches, Wraps</p>  <p>Every Tuesday Pizza from Gianotti's</p>	<p>February 8 <u>Breakfast Select 1 Entrée</u> GF Cereal w/ Cheese or Yogurt <u>Lunch Select 1 Entrée</u> Hamburger or Cheeseburger on GF Roll Hot Dog on GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Baby Carrots, Dip Oven Baked French Fries Fresh Fruit & Mandarin Oranges</p>	<p>February 8 <u>Breakfast Select 1 Entrée</u> GF Cereal w/ Cheese or Yogurt Chinese New Year Top Your Own Rice Bowl Assorted Veggies - Steamy Broccoli Mandarian Oranges or Pineapples Vanilla Ice Cream Cup</p>	<p>February 8 <u>Breakfast Select 1 Entrée</u> GF Cereal w/ Cheese or Yogurt <u>Lunch Select 1 Entrée</u> BBQ Pulled Pork on GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Curly Fries Fresh Trio Veggies w/ Dip Fresh Fruit & Chilly Applesauce</p>	<p>February 8 <u>Breakfast Select 1 Entrée</u> GF Cereal w/ Cheese or Yogurt <u>Lunch Select 1 Entrée</u> Meatball Sandwich on WG Roll Regular or Spicy Chicken Patty on Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Golden Onion Rings Marinara Sauce Fresh Fruit & Chilly Pears</p>	<p>February 8 <u>Breakfast Select 1 Entrée</u> GF Cereal w/ Cheese or Yogurt <u>Lunch Select 1 Entrée</u> Grilled Cheese Sandwich Cheese Quesadilla w/ Marinara Sauce <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Mixed Fruit</p>
<p>Visit Our Grab 'n Go Areas Large Yogurt Parfait Grab 'n Go Bulldog Power Cup</p> 	<p>February 11 <u>Breakfast Select 1 Entrée</u> GF Cereal w/ Cheese or Yogurt <u>Lunch Select 1 Entrée</u> Bacon Cheeseburger on GF Roll Unbreaded Chicken Sand on GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Baby Carrots w/ Dip Oven Baked Fries Fresh Fruits or Pineapple</p>	<p>February 12 <u>Breakfast Select 1 Entrée</u> Bulldog Breakfast Sandwich on GF Roll <u>Lunch Select 1 Entrée</u> Mexican Tacos (2) <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Romaine Salad w/ Dressing Mexican Fiesta Beans Fresh Fruit & Chilly Peaches</p>	<p>February 13 <u>Breakfast Select 1 Entrée</u> GF Cereal w/ Cheese or Yogurt <u>Lunch Select 1 Entrée</u> Top Your Own Mashed Potato Bowl w/ Unbreaded Chicken or Beef <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Corn & Fresh Veggies GF Dinner Rolls Fresh Fruit & Chilly Applesauce</p>	<p>February 14 <u>Breakfast Select 1 Entrée</u> Sausage, Egg & Cheese Slider/GF Bread <u>Lunch Select 1 Entrée</u> Homemade Chili w/ GF Rolls Grilled Cheese Sandwich on GF Bread <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Crispy French Fries - Steamy Mixed Veg Fresh Fruit & Chilly Pears</p>	<p>February 15 <u>School Closed</u> Act 80 Day</p> 

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Fuel Your Day with One of Our Breakfast Deals! GF Cereal w/ Yogurt or String Cheese 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 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.
	We Also Offer Variety of Pizzas Create Your Own Salad Assorted Cold Sandwiches, Wraps 	February 18 School Closed President's Holiday 	February 19 Breakfast Select 1 Entrée GF Cereal w/ Cheese or Yogurt Lunch Select 1 Entrée Cheesy Pizza Buns (GF Roll) Hamburger on GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Fries Brown Sugar Baked Beans Fresh Fruit & Chilly Peaches	February 20 Breakfast Select 1 Entrée GF Cereal w/ Cheese or Yogurt Lunch Select 1 Entrée Bulldog Big Mac w/ Fixings Bar GF Roll Unbreaded Chicken Patty on GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Applesauce	February 21 Breakfast Select 1 Entrée GF Cereal w/ Cheese or Yogurt Lunch Select 1 Entrée Hot Dogs (2) on GF Roll Unbreaded Chicken Patty on GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Oven Baked Curly Fries Steamy Mixed Vegetables Fresh Fruit & Chilly Pears
Every Tuesday Pizza from Gianotti's	February 25 Breakfast Select 1 Entrée Iced Cinnamon Roll Lunch Select 1 Entrée Beefy Tater Tot Casserole/GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Tater Tots Steamy Broccoli Fresh Fruits or Pineapple	February 26 Breakfast Select 1 Entrée Bulldog Breakfast Sandwich Lunch Select 1 Entrée Grilled Cheese Sandwich/GF Bread Beefy Sloppy Joe on GF Roll w/ Cheese <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Green Beans Baby Carrots w/ Dip Fresh Fruit & Chilly Peaches	February 27 Breakfast Select 1 Entrée Warm Dutch Waffle Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese Hot Ham & Cheese on GF Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Steamy Broccoli Black Bean Salsa Fresh Fruit & Chilly Applesauce	February 28 Breakfast Select 1 Entrée Sausage, Egg & Cheese Slider Grab a Meal Before You Go Home... Early Dismissal - Cold Lunch Available String Cheese(2) w/ (2) GF Rolls Fresh Veggies w/ Ranch Dressing Fruit Choice of Milk	

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 Postions!

