








WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 5 - GLUTEN FREE

March 2019

<p><i>Fuel Your Day with</i> WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams</p>	<p>Monday BREAKFAST - Select 1 Entrée 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 Meal Prices 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 Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>Friday LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk <i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
<p> WE OFFER 5 CHOICES EVERY DAY AT LUNCH!! Uncrustable PB & J Grab 'n Go Bulldog Cup 3 - Specials</p>	<p>School Breakfast Week! Join in the fun the week of March 4 as we celebrate National School Breakfast Week!</p> 	<p> Check the Food Services website for fun activities and games.</p>	<p>Apple Trivia</p> <p><i>How many varieties of Apples are grown in the United States?</i></p> <p><i>How many pounds of Fresh Apples do students eat at Wilson per school year?</i></p> <p><i>What is the real name of the person commonly known as 'Johnny Appleseed'?</i></p> <p><i>What 4 nutrition benefits do apples provide our bodies?</i></p>  <p>Check the menu website for the answer!</p>		<p>March 1 Breakfast Select 1 Entrée Pillsbury Filled Crescent Lunch Select 1 Entrée  Walking Taco (Chips, Taco Meat, Grated Cheese) Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Side Salad w/ Choice of Dressing Chick Peas w/ Salsa Fresh Fruit & Chilly Mixed Fruit</p>
<p> Choose Your Milk 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free Grab 'n Go Meals Bulldog Power Pack Meat, Egg, Cheese, Whole Grain, Vegetable &/or Fruit Select a Milk</p>	<p>March 4 Breakfast Select 1 Entrée GF Cereal Lunch Select 1 Entrée Hamburger or Cheeseburger on GF Roll Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Fresh Baby Carrots w/ Dip Baked Hashbrown Potatoes Fresh Fruit or Mandarin Oranges</p>	<p>March 5 Breakfast Select 1 Entrée Egg Patty on GF Roll Lunch Select 1 Entrée Berks All Beef Hot Dog on GF Roll Chef's Salad w/ Croutons & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Celery w/ Dip Zesty Baked Beans Chilly Peaches or Fresh Fruit</p>	<p>March 6 Breakfast Select 1 Entrée GF Cereal Lunch Select 1 Entrée Unbreaded Chicken Patty on GF Roll Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>March 7 Breakfast Select 1 Entrée Egg Patty w/ Bacon on GF Roll Lunch Select 1 Entrée Grilled Cheese on GF Bread Chef's Salad w/ Croutons & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Fresh Veggies Steamy Cheesy Broccoli Fresh Fruit or Chilly Pears</p>	<p>March 8 Breakfast Select 1 Entrée Egg Patty w/ Cheese on GF Roll Lunch Select 1 Entrée Ham & Cheese on GF Roll Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Golden Tater Tots Fresh Veggies w/ Dip Fresh Fruit or Chilly Mixed Fruit</p>
<p>Yogurt Parfait Lunch Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk  Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p>	<p>March 11 Breakfast Select 1 Entrée GF Cereal Lunch Select 1 Entrée Hamburger or Cheeseburger on GF Roll Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Oven Baked French Fries Steamy Peas Fresh Fruit & Chilly Mandarin Oranges</p>	<p>March 12 Breakfast Select 1 Entrée Egg Patty on GF Roll Lunch Select 1 Entrée Unbreaded Chicken Parmesan on GF Roll Chef's Salad w/ Croutons & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Zesty Baked Beans Steamy Mixed Vegetables Fresh Fruit or Chilly Peaches</p>	<p>March 13 Breakfast Select 1 Entrée GF Cereal Brunch Lunch Select 1 Entrée Egg on a Stick w/ GF Rolls Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Golden Tater Tots Crunchy Celery w/ Dip Fresh Fruit or Chilled Fruit Juice</p>	<p>March 14 Breakfast Select 1 Entrée Egg Patty w/ Bacon on GF Roll Lunch Select 1 Entrée Beefy Sloppy Joe on GF Roll w/ Cheese Chef's Salad w/ Croutons & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Oven Baked Fries Steamy Broccoli Fresh Fruit or Chilly Pears</p>	<p>March 15 Breakfast Select 1 Entrée Egg Patty w/ Cheese on GF Roll Lunch Select 1 Entrée Grilled Cheese on GF Bread Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Fresh Veggies w/ Dip Honey Carrot Coins Fresh Fruit or Applesauce</p>

WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 5 - GLUTEN FREE

March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST</i></p> <p>Breakfast Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams</p>	<p>BREAKFAST - Select 1 Entrée 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>Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 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 Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>LUNCH - Select 1 Entrée Choose 1 or 2 Veggies and/or 1 Fruit, Select Favorite Milk <i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
<p>Yogurt Parfait Lunch</p> <p>Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk</p> <p>GRAB 'N GO</p>	<p>March 18</p> <p>Breakfast Select 1 Entrée GF Cereal</p> <p>Lunch Select 1 Entrée Unbreaded Chicken Patty on GF Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Cucumber & Celery w/ Dip Steamy Peas & Carrots Fresh Fruit & Juice Rush Treat</p>	<p>March 19</p> <p>Breakfast Select 1 Entrée Egg Patty on GF Roll</p> <p>Lunch Select 1 Entrée Walking Taco w/ Beef & Cheese</p> <p>Chef's Salad w/ Croutons & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Steamy Corn Chick Peas w/ Salsa Fresh Fruit or Chilly Peaches</p>	<p>March 20</p> <p>Breakfast Select 1 Entrée GF Cereal</p> <p>Lunch Select 1 Entrée American Hoagie on GF Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Steamy Green Beans Baby Carrots w/ Dip Applesauce & Ice Cream Treat</p>	<p>March 21</p> <p>Breakfast Select 1 Entrée Egg Patty w/ Bacon on GF Roll</p> <p>Lunch Select 1 Entrée GF Round Roll Pizza - Cheese or Pepperoni</p> <p>Chef's Salad w/ Croutons & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Potato Smiles Steamy Broccoli Fresh Fruit or Chilly Pears</p>	<p>March 22</p> <p>Breakfast Select 1 Entrée Egg Patty w/ Cheese on GF Roll</p> <p>Lunch Select 1 Entrée 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 Steamy Peas Fresh Veggies w/ Dip Fresh Fruit & Chilly Mixed Fruit</p>
<p>Bulldog Power Pack</p> <p>Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p> <p>Choose Your Milk</p> <p>1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p>March 25</p> <p>Breakfast Select 1 Entrée GF Cereal</p> <p>Lunch Select 1 Entrée Beefy Tater Tot Casserole & GF Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Romaine Salad w/ Choice of Dressing Fresh Fruit & Chilly Mandarin Oranges</p>	<p>March 26</p> <p>Breakfast Select 1 Entrée Egg Patty on GF Roll</p> <p>Lunch Select 1 Entrée Grilled Cheese Sandwich on GF Bread</p> <p>Chef's Salad w/ Croutons & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Steamy Peas Baby Carrots w/ Dip Fresh Fruit or Chilly Peaches</p>	<p>March 27</p> <p>Breakfast Select 1 Entrée GF Cereal</p> <p>Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Steamy Corn Black Bean Salsa Fresh Fruit & Chilly Applesauce</p>	<p>March 28</p> <p>Breakfast Select 1 Entrée Egg Patty w/ Bacon on GF Roll</p> <p>**NEW* Grab 'n Go *NEW** Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available (2) String Cheese & GF Dinner Roll</p> <p>Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>	<p>March 29</p> <p>Breakfast Select 1 Entrée Egg Patty w/ Cheese on GF Roll</p> <p>Lunch Select 1 Entrée Walking Taco w/ Salsa</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Fresh Veggies w/ Dip Steamy Green Beans Fresh Fruit & Chilly Mixed Fruit</p>

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 Positions!



Spring...

In like a Lion...
will it go out like a Lamb?

