














**WILSON SCHOOL DISTRICT GRADES 9 - 12**

**- GLUTEN FREE MENU**




**March 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST</b></p> <p>Breakfast Yogurt Parfait Poptarts &amp; String Cheese Assorted Cereal &amp; Grahams</p>	<p><b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &amp;/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.</p>	<p><b>Meal Prices</b> 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 Menu subject to change without notice! We are an equal opportunity provider and employer.</p>	<p><b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p><b>LUNCH - Select 1 Entrée</b> 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><b>Meet for Breakfast</b></p> <p><b>WE OFFER CHOICES EVERY DAY AT LUNCH!!</b> Uncrustable PB &amp; J Deli Sandwiches Cheesy Pizza</p>	<p><b>School Breakfast Week!</b> Join in the fun the week of March 4 as we celebrate National School Breakfast Week! We're even featuring a Breakfast Entrée every day at Lunch!!</p> 	 <p>Check the Food Services website for fun activities and games.</p>	<p><b>Apple Trivia</b></p> <p>How many varieties of Apples are grown in the United States?</p> <p>How many pounds of Fresh Apples do students eat at Wilson per school year?</p> <p>What is the real name of the person commonly known as 'Johnny Applesed'?</p> <p>What 4 nutrition benefits do apples provide our bodies?</p>  <p>Check the menu website for the answer!</p>		<p><b>March 1</b></p> <p><b>Breakfast Select 1 Entrée</b> Pillsbury Filled Crescent</p> <p><b>Lunch Select 1 Entrée</b> Walking Taco (Chips, Taco Meat, GRATED Cheese)</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Side Salad w/ Choice of Dressing Chick Peas w/ Salsa Fresh Fruit &amp; Chilly Mixed Fruit</p>
<p><b>Choose Your Milk</b></p> <p>1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p> <p>Salad Bar &amp; Box Salads</p> <p><b>Grab 'n Go Meals</b></p> <p><b>Bulldog Power Pack</b> Meat, Egg, Cheese, Whole Grain, Vegetable &amp; /or Fruit</p> <p><b>Assorted Deli Sandwiches</b></p>	<p><b>March 4</b></p> <p><b>School Breakfast Week!</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Fresh Baby Carrots w/ Dip Whipped Potatoes Fresh Fruit or Mandarin Oranges</p>	<p><b>March 5</b></p> <p><b>School Breakfast Week!</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) on GF Roll</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Crunchy Celery w/ Dip Zesty Baked Beans Chilly Peaches or Fresh Fruit</p>	<p><b>March 6</b></p> <p><b>School Breakfast Week!</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> <b>Brunch Lunch:</b> Build Your Own Parfait - Vanilla or Strawberry Yogurt, GF Cereal, Variety of Fruit</p> <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit &amp; Chilly Applesauce</p>	<p><b>March 7</b></p> <p><b>School Breakfast Week!</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Fresh Celery &amp; Cucumber w/ Dip Steamy Cheesy Broccoli Fresh Fruit or Chilly Pears</p>	<p><b>March 8</b></p> <p><b>School Breakfast Week!</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> <b>Brunch Lunch:</b> Egg McBulldog GF Roll</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Golden Tater Tots Crunchy Fresh Veggies Fresh Fruit or Orange Juice</p>
<p>Salad Bar &amp; Box Salads</p> <p><b>Yogurt Parfait Lunch</b> Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choice of Milk</p>  <p><b>Bulldog Power Pack</b> Meat &amp; Cheese, or Egg &amp; Ham Hot &amp; Cold Veggies w/ Fruit Grain &amp; Choice of Milk</p>	<p><b>March 11</b></p> <p><b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Crunchy Baby Carrots w/ Dip Steamy Peas Fresh Fruit &amp; Chilly Mandarin Oranges</p>	<p><b>March 12</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich/GF Roll</p> <p><b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) on GF Roll</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Crispy Romaine Side Salad w/ Choice Dress Steamy Mixed Veggies (Corn, Peas, Carrots) Fresh Fruit or Chilly Peaches</p>	<p><b>March 13</b></p> <p><b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> <b>Rice Bowl:</b> Oriental Rice w/ Orange Sauce over DICED UNBREADED Chicken</p> <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Crunchy Celery &amp; PB Dip Steamy Broccoli Fresh Fruit or Orange Juice Box</p>	<p><b>March 14</b></p> <p><b>Breakfast Select 1 Entrée</b> Sausage, Egg &amp; Cheese GF Roll</p> <p><b>Lunch Select 1 Entrée</b> Beefy Sloppy Joe on GF Roll w/ Cheese</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Crunchy Broccoli w/ Dip Golden Tater Tots Fresh Fruit or Chilly Pears</p>	<p><b>March 15</b></p> <p><b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread</p> <p><b>Lunch Select 1 Entrée</b> Bulldog Big Mac - GF Roll</p>  <p>Select 1 or 2 Vegetables &amp;/or 1 Fruit Crunchy Fresh Veggies w/ Dip Honey Carrot Coins Fresh Fruit or Applesauce</p>

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 <p><b>Yogurt Parfait Lunch</b> Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choice of Milk <b>GRAB 'N GO</b></p>	<p><b>March 18</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Cucumber &amp; Celery w/ Dip Steamy Peas &amp; Carrots Fresh Fruit &amp; Shamrock Cookie</p>	<p><b>March 19</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> Walking Taco (Chips, Taco Meat, SHRED)  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Chic Peas w/ Salsa Steamy Corn Fresh Fruit or Chilly Peaches</p>	<p><b>March 20- 1st Day of Spring</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) GF Roll  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Baby Carrots w/ Dip Steamy Green Beans Chilly Applesauce &amp; Ice Cream Treat</p>	<p><b>March 21</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> Beefy Sloppy Joe/GF Roll w/ Cheese  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Broccoli w/ Dip Emoji &amp; Smile Potatoes Fresh Fruit or Chilly Pears</p>	<p><b>March 22</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> Bacon Cheeseburger on GF Roll  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Fresh Veggies w/ Dip Fluffy Whipped Potatoes Fresh Fruit &amp; Chilly Mixed Fruit</p>
<p><b>Bulldog Power Pack</b> Meat &amp; Cheese, or Egg &amp; Ham Hot &amp; Cold Veggies w/ Fruit Grain &amp; Choice of Milk  <b>Choose Your Milk</b> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p><b>March 25</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Romaine Salad w/ Choice Dressing Golden Tater Tots Fresh Fruit &amp; Chilly Juice Rush</p>	<p><b>March 26</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich/GF Roll <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich (GF Bread)  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Broccoli &amp; Dip Creamy Tomato Soup Fresh Fruit or Chilly Peaches</p>	<p><b>March 27</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> <b>Top Your Own Taco:</b> Hard Shell, Cheese, Lettuce, Tomato, Salsa, Sour Cream  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Black Bean Salsa Steamy Corn Fresh Fruit &amp; Chilly Applesauce</p>	<p><b>March 28</b> <b>Breakfast Select 1 Entrée</b> Sausage, Egg &amp; Cheese GF Roll <b>**NEW* Grab 'n Go *NEW**</b> <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> <b>(2) String Cheese &amp; (2) GF Rolls</b> <b>Fresh Veggies w/ Ranch Dressing</b>  <b>Variety of Fruit</b>  <b>Choice of Milk</b></p>	<p><b>March 29</b> <b>Breakfast Select 1 Entrée</b> GF Cereal w/ GF Bread <b>Lunch Select 1 Entrée</b> Beefy Sloppy Joe/GF Roll w/ Cheese  <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Fresh Veggies w/ Dip Steamy Green Beans Fresh Fruit &amp; Chilly Mixed Fruit</p>

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