










WILSON SCHOOL DISTRICT Grades 6-8 GLUTEN FREE MENU

March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<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>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 ----- 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 Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
	<p>School Breakfast Week! 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>Apple Trivia!</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 Appleseed'?</p> <p>What 4 nutrition benefits do apples provide our bodies?</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 & 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>WE OFFER 5 CHOICES EVERY DAY AT LUNCH!! Uncrustable PB & J Grab 'n Go Bulldog Cup 3 - Specials</p>	<p>March 4 School Breakfast Week! GF Cereal w/ GF Toast  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 School Breakfast Week! GF Cereal w/ GF Toast  Lunch Select 1 Entrée Brunch Lunch: Yogurt Banana Split GF Rolls Chef's Salad & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Celery w/ Dip Zesty Baked Beans Chilly Peaches or Fresh Fruit</p>	<p>March 6 School Breakfast Week! GF Cereal w/ GF Toast Lunch Select 1 Entrée Brunch Lunch: Ham & Cheese 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 School Breakfast Week! GF Cereal w/ GF Toast Lunch Select 1 Entrée Berks All Beef Hot Dog on GF Roll Chef's Salad & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Golden Onion Rings Steamy Cheesy Broccoli Fresh Fruit or Chilly Pears</p>	<p>March 8 School Breakfast Week! GF Cereal w/ GF Toast Lunch Select 1 Entrée Brunch Lunch: Egg McBulldog GF Sandwich Garden Salad w/ Cheese & GF Roll Select 1 or 2 Vegetables &/or 1 Fruit Golden Tater Tots Crunchy Fresh Veggies Fresh Fruit or Orange Juice</p>
<p>Choose Your Milk 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p> <hr/> <p>Grab 'n Go Meals Bulldog Power Pack Meat, Egg, Cheese, Whole Grain, Vegetable &/or Fruit Select a Milk</p>	<p>March 11 Breakfast Select 1 Entrée GF Cereal w/ GF Toast Lunch Select 1 Entrée Berks All Beef Hot Dog 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 GF Cereal w/ GF Toast Lunch Select 1 Entrée Unbreaded Chicken Parmesan on GF Roll Chef's Salad & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Steamy Mixed Veggies Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>March 13 Breakfast Select 1 Entrée GF Cereal w/ GF Toast Brunch Lunch Select 1 Entrée Brunch Lunch: (2) Eggs on a Stick w/ (2) Dinner 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 GF Cereal w/ GF Toast  Lunch Select 1 Entrée Beefy Sloppy Joe on GF Roll & Cheese Chef's Salad & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Oven Baked French Fries Crunchy Broccoli w/ Dip Fresh Fruit or Chilly Pears</p>	<p>March 15 Breakfast Select 1 Entrée GF Cereal w/ GF Toast Lunch Select 1 Entrée Hamburger on GF Roll 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>
<p>Yogurt Parfait Lunch Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk</p>  <p>Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p>					

WILSON SCHOOL DISTRICT Grades 6-8 GLUTEN FREE MENU

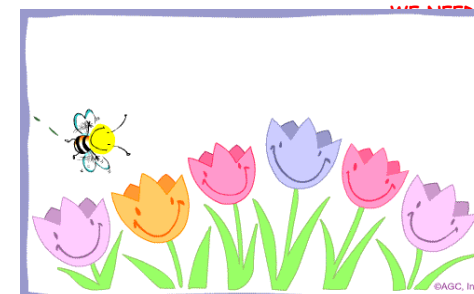
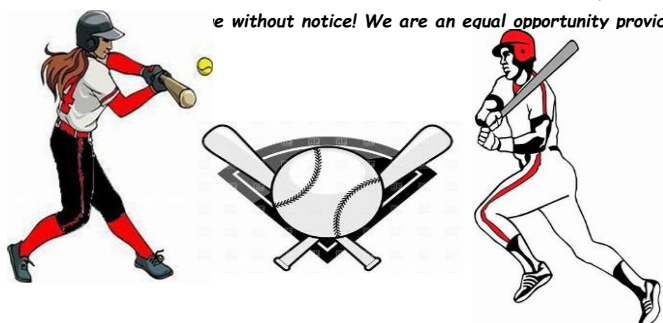
March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fuel Your Day with WITH A GREAT START</p> <p>STOP IN FOR BREAKFAST</p> <p>Breakfast Yogurt Parfait Poptarts & String Cheese Assorted Cereal & Grahams</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 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> <hr/> <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 Middle School Lunch \$2.90 High School Lunch \$3.10 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>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</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>Unbreaded Chicken Patty on GF Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Crunchy Cucumber & Celery w/ Dip</p> <p>Steamy Peas & Carrots</p> <p>Fresh Fruit & Shamrock Cookie</p>	<p>March 19</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>Walking Taco (Chips, Taco Meat, Grated Cheese)</p> <p>Chef's Salad & GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Corn</p> <p>Chick Peas w/ Salsa</p> <p>Fresh Fruit or Chilly Peaches</p>	<p>March 20- 1st Day of Spring</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>Hamburger or Cheeseburger 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>Chilly Applesauce & Ice Cream Treat</p>	<p>March 21</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>GF Round Roll Pizzas - Cheese or Pepperoni</p> <p>Chef's Salad & GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Emoji & Smile Potatoes</p> <p>Crunchy Broccoli w/ Dip</p> <p>Fresh Fruit or Chilly Pears</p>	<p>March 22</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>Berks All Beef Hot Dog on Roll</p> <p>Garden Salad w/ Cheese & GF Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Crunchy Fresh Veggies w/ Dip</p> <p>Steamy Peas</p> <p>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</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>Beefy Tater Tot Casserole & Roll</p> <p>Garden Salad w/ Cheese & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Romaine Salad w/ Choice of Dressing</p> <p>Fresh Fruit & Chilly Mandarin Oranges</p>	<p>March 26</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>Grilled Cheese Sandwich on GF Roll</p> <p>Chef's Salad w/ Croutons & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Steamy Peas</p> <p>Baby Carrots w/ Dip</p> <p>Fresh Fruit or Chilly Peaches</p>	<p>March 27</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</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 & 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>March 28</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</p> <p>**NEW* Grab 'n Go *NEW**</p> <p>Grab a Meal Before You Go Home...</p> <p>Early Dismissal - Bag Lunch Available</p> <p>(2) String Cheese & 2 GF Dinner Rolls</p> <p>Fresh Veggies w/ Ranch Dressing</p> <p>Variety of Fruit</p> <p>Choice of Milk</p>	<p>March 29</p> <p>Breakfast Select 1 Entrée</p> <p>GF Cereal w/ GF Toast</p> <p>Lunch Select 1 Entrée</p> <p>Hamburger or Cheeseburger on GF Roll</p> <p>Garden Salad w/ Cheese & Roll</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit</p> <p>Crunchy Fresh Veggies w/ Dip</p> <p>Steamy Green Beans</p> <p>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.

NOW HIRING - Permanent & Substitute Positions!



WE NEED YOU!