




WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 8

GLUTEN FREE MENU



April 2019

<p><i>Fuel Your Day with</i> WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait String Cheese & GF Cereal</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>April Fool's Day FastBreak, Choose 1 GF Cheerios Lunch Select 1 Entrée Hamburger on GF Roll Garden Salad w/ Cheese & GF Rolls Fruit 1 or Vegetable 1 or 2 Select Dip w/ Carrots Baby Fresh Potatoe Hashbrown Golden Pears Chilly or Fruit Fresh</p>	<p>April 2 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/ 2-GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Steamy Broccoli Fresh Veggies w/ Dip Chilly Peaches or Fresh Fruit</p>	<p>April 3 Breakfast Select 1 Entrée GF Cheerios Lunch Select 1 Entrée Turkey Breast on GF Bread Garden Salad w/ Cheese & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce</p>	<p>April 4 Breakfast Select 1 Entrée General Mills GF Yogurt w/ Fruit & GF Cheerios Lunch Select 1 Entrée Unbreaded Chicken on GF Roll Chef's Salad w/ 2-GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Fresh Celery & Cucumber w/ Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p>April 5 Breakfast Select 1 Entrée Egg Patty w/ Cheese on GF Roll Lunch Select 1 Entrée Turkey Ham on GF Roll Garden Salad w/ Cheese & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Black Bean Salsa Steamy Green Beans Fresh Fruit or 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, GF Grain, Vegetable & /or Fruit Select a Milk</p>	<p>April 8 Breakfast Select 1 Entrée GF Cheerios Lunch Select 1 Entrée Pizza Buns on GF Rolls Garden Salad w/ Cheese & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Celery Sticks Golden French Fries Fresh Fruit & Chilly Mandarin Oranges</p>	<p>April 9 Breakfast Select 1 Entrée Egg Patty on GF Roll National Unicorn Day! Unicorn Parfait w/ Fruit, GF Cheerios (2-bowls) Chef's Salad w/ 2-GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Cucumber Sticks w/ Dip Steamy Peas & Carrots Fresh Fruit or Chilly Peaches</p>	<p>April 10 Breakfast Select 1 Entrée GF Cheerios Lunch Select 1 Entrée Cheeseburger on GF Roll Garden Salad w/ Cheese & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Baby Carrots w/ Dip Steamy Green Beans Fresh Fruit or Chilled Applesauce</p>	<p>April 11 Breakfast Select 1 Entrée General Mills GF Yogurt w/ Fruit & GF Cheerios Lunch Select 1 Entrée Unbreaded Chicken Parmesan on GF Roll Chef's Salad w/ 2-GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Broccoli w/ Dip Zesty Baked Beans Fresh Fruit or Chilly Pears</p>	<p>April 12 Breakfast Select 1 Entrée Egg Patty w/ Cheese on GF Roll Lunch Select 1 Entrée Berks All Beef Hot Dog on GF Roll Garden Salad w/ Cheese & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Crunchy Baby Carrots w/ Dip Steamy Green Beans 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>April 15 Breakfast Select 1 Entrée GF Cheerios Lunch Select 1 Entrée Cheeseburger on GF Roll Garden Salad w/ Cheese & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Golden French Fries Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>April 16 Breakfast Select 1 Entrée Egg Patty on GF Roll Lunch Select 1 Entrée Walking Taco w/ Corn Chips & Salsa Chef's Salad w/ 2-GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Romaine Side Salad w/ Dressing Pkt. Crunchy Baby Carrots Fresh Fruit or Chilly Peaches</p>	<p>April 17 Breakfast Select 1 Entrée GF Cheerios Lunch Select 1 Entrée Grilled Chicken on GF Roll Garden Salad w/ Cheese & GF Rolls Select 1 or 2 Vegetables &/or 1 Fruit Fluffy Whipped Potatoes Golden Corn or Fresh Veggies Fresh Fruit or Chilly Applesauce</p>	<p>SPRING BREAK</p> 	<p>SPRING BREAK</p> 

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<p><i>Fuel Your Day with</i> WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait String Cheese & GF Cereal</p>	<p>Monday</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>Tuesday</p> <p>Meal Prices Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$3.30</p>	<p>Wednesday</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>Thursday</p> <p>Meal Prices Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p>Friday</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>April 22</p> <p>SPRING BREAK</p> 	<p>April 23</p> <p>Breakfast Select 1 Entrée Egg Patty on GF Roll</p> <p>Lunch Select 1 Entrée Grilled Cheese on GF Bread Chef's Salad w/ 2-GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Steamy Peas Baby Carrots w/ Dip Fresh Fruit or Chilly Peaches</p>	<p>April 24</p> <p>Breakfast Select 1 Entrée GF Cheerios</p> <p>Lunch Select 1 Entrée Beefy Hard Shell Taco w/ Cheese Garden Salad w/ Cheese & GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Steamy Corn Black Bean Salsa Fresh Fruit & Chilly Applesauce</p>	<p>April 25</p> <p>Breakfast Select 1 Entrée General Mills GF Yogurt w/ Fruit & GF Cheerios</p> <p>Lunch Select 1 Entrée Berks All Beef Hot Dog on GF Roll Chef's Salad w/ 2-GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Steamy Honey Carrots Crunchy Broccoli Fresh Fruit & Chilly Pears</p>	<p>April 26</p> <p>Breakfast Select 1 Entrée Egg Patty w/ Cheese on GF Roll</p> <p>Lunch Select 1 Entrée Grilled Chicken Patty on GF Roll Garden Salad w/ Cheese & GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Seasoned Green Beans Side Salad w/ Choice of Dressing Fresh Fruit & Chilly Mixed Fruit</p>								
<p>Yogurt Parfait Lunch Yogurt, Fruit & GF Cereal Hot & Cold Veggies Choice of Milk</p> <p>GRAB N' GO</p>	<p>April 29</p> <p>Breakfast Select 1 Entrée GF Cheerios</p> <p>Lunch Select 1 Entrée Hamburger on GF Roll Garden Salad w/ Cheese & GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Fresh Baby Carrots w/ Dip Steamy Peas Fresh Fruit or Mandarin Oranges</p>	<p>April 30</p> <p>Breakfast Select 1 Entrée Egg Patty on GF Roll</p> <p>Lunch Select 1 Entrée Berks All Beef Hot Dog on GF Roll Chef's Salad w/ 2-GF Rolls</p> <p>Select 1 or 2 Vegetables &/or 1 Fruit Fresh Veggies & Dip Golden Corn Chilly Peaches or Fresh Fruit</p>	<p>APRIL SHOWERS BRING MAY FLOWERS</p> 		<p>What Will You Plant In Your Garden?</p> <table border="1"> <tr><td>1</td></tr> <tr><td>2</td></tr> <tr><td>3</td></tr> <tr><td>4</td></tr> <tr><td>5</td></tr> <tr><td>6</td></tr> <tr><td>7</td></tr> <tr><td>8</td></tr> </table>	1	2	3	4	5	6	7	8
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<p>Bulldog Power Pack Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk</p> <p>Choose Your Milk 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p>Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments. an equal opportunity provider.</p> <p>NEED YOU! NOW HIRING - Permanent & Substitute Positions!</p> <div style="border: 1px solid purple; padding: 10px; text-align: center;"> <p>Tips for Your Spring & Summer Garden</p> <ol style="list-style-type: none"> 1. Decide on the vegetables you want to plant - try something new! 2. Purchase seeds and start any seeds that during April. 3. Plan where you will have your garden. Sunny spots are best. 4. If you are going to have raised beds, work with your parents to build garden boxes. 5. Prepare your plot - till the soil. 6. Plant the seeds. 7. Water, weed, watch it GROW! </div>												

