










		WILSON SCHOOL DISTRICT HIGH SCHOOL GRADES 9 - 12 <u>GLUTEN FREE</u>			April 2019	
		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fuel Your Day with WITH A GREAT START</b> <u>STOP IN FOR BREAKFAST</u> Breakfast Yogurt Parfait GF Cereal & String Cheese		<b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.	<b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30	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.	<b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40	<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.
						
 <b>Variety of Daily Choices</b> Salad Bar Speciality Salads Entrees	<b>April Fool's Day</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Dip w/ Carrots Baby Fresh Potatoes Hashbrown Baked Oranges Mandarin Chilly & Fruit Fresh	<b>April 2</b> <b>Breakfast Select 1 Entrée</b> Egg Patty on GF Roll <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crunchy Celery w/ Dip Zesty Baked Beans &/or Onion Rings Chilly Peaches or Fresh Fruit	<b>April 3</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios <b>Lunch Select 1 Entrée</b> <b>Walking Taco:</b> Nacho Chips, Cheese Sauce, Salsa, Lettuce, Tomato <b>Select 2 Vegetables &amp; 2 Fruits</b> Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit & Chilly Applesauce	<b>April 4</b> <b>Breakfast Select 1 Entrée</b> General Mills GF Yogurt w/ Fruit & GF Cheerios <b>Lunch Select 1 Entrée</b> Grilled Chicken on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Cheesy Broccoli & Fresh Veggies Golden Shoestring Fries Fresh Fruit or Chilly Pears	<b>April 5</b> <b>Breakfast Select 1 Entrée</b> Egg Patty w/ Cheese on GF Roll <b>Lunch Select 1 Entrée</b> Pulled Pork on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Golden Tater Tots Crunchy Fresh Veggies Fresh Fruit or Orange Juice	
	 <b>Choose Your Milk</b> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free 	<b>April 8</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crunchy Baby Carrots w/ Dip Golden French Fries Fresh Fruit & Chilly Mandarin Oranges	<b>April 9</b> <b>Breakfast Select 1 Entrée</b> Egg Patty on GF Roll <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crispy Romaine Side Salad w/ Choice Dress Golden Tater Tots Fresh Fruit or Chilly Peaches	<b>April 10</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios <b>Lunch Select 1 Entrée</b> Rice Bowl: Diced Chicken w/ Oriental Rice Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crunchy Celery & PB Dip Steamy Broccoli Fresh Fruit or Orange Juice Box	<b>April 11</b> <b>Breakfast Select 1 Entrée</b> General Mills GF Yogurt w/ Fruit & GF Cheerios <b>Lunch Select 1 Entrée</b> Pulled Pork on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crunchy Broccoli w/ Dip Golden Onion Rings Fresh Fruit or Chilly Pears	<b>April 12</b> <b>Breakfast Select 1 Entrée</b> Egg Patty w/ Cheese on GF Roll <b>Lunch Select 1 Entrée</b> Bulldog Big Mac on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crunchy Baby Carrots w/ Dip Golden Shoestring Fries Fresh Fruit or Applesauce
<b>Yogurt Parfait Lunch</b> Yogurt w/ Fruit & Granola Hot & Cold Veggies Choice of Milk  <b>Bulldog Power Pack</b> Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk	<b>April 15</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Golden French Fries Zesty Baked Beans Fresh Fruit or Chilly Peaches	<b>April 16</b> <b>Breakfast Select 1 Entrée</b> Egg Patty on GF Roll <b>Lunch Select 1 Entrée</b> Walking Taco w/ Salsa Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Steamy Green Beans Crunchy Baby Carrots Fresh Fruit or Chilly Peaches	<b>April 17</b> <b>Breakfast Select 1 Entrée</b> GF Cheerios <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crunchy Veggies Steamy Corn Fresh Fruit or Chilly Applesauce	<b>April 18</b> <b>SPRING BREAK</b> 	<b>April 19</b> <b>SPRING BREAK</b> 	

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Fuel Your Day with <b>WITH A GREAT START</b> <b>STOP IN FOR BREAKFAST</b> Breakfast Yogurt Parfait GF Cereal & String Cheese	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &/or 1 Fruit Juice Select Favorite Milk Breakfast must have 3 food items 1 must be a fruit or juice.	<b>Meal Prices</b> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.30	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.	<b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40	<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.
	April 22	April 23	April 24	April 25	April 26
	<b>SPRING BREAK</b> 	<b>Breakfast Select 1 Entrée</b> Egg Patty on GF Roll <b>Lunch Select 1 Entrée</b> Grilled Cheese on GF Bread Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Crunchy Veggies Golden French Fries Fresh Fruit or Chilly Peaches	<b>Breakfast Select 1 Entrée</b> GF Cheerios <b>Lunch Select 1 Entrée</b> <b>Walking Taco:</b> Nacho Chips, Cheese Sauce, Salsa, Lettuce, Tomato Mickey's Pizza Wedge <b>Select 2 Vegetables &amp; 2 Fruits</b> Steamy Corn Black Bean Salsa Fresh Fruit & Chilly Applesauce	<b>Breakfast Select 1 Entrée</b> General Mills GF Yogurt w/ Fruit & GF Cheerios <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Steamy Veggies Crunchy Broccoli Fresh Fruit & Chilly Pears	<b>Breakfast Select 1 Entrée</b> Egg Patty w/ Cheese on GF Roll <b>Lunch Select 1 Entrée</b> Bulldog Big Mac Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Golden French Fries Steamy Green Beans Fresh Fruit & Chilly Mixed Fruit
<b>Bulldog Power Pack</b> Meat & Cheese, or Egg & Ham Hot & Cold Veggies w/ Fruit Grain & Choice of Milk	April 29	April 30	Use e-Funds for Schools to put money into your child's account at <a href="http://www.wilsonsd.org">www.wilsonsd.org</a> to: e-Funds Online Payments. Menu subject to change without notice! We are an equal opportunity provider. <b>WE NEED YOU! NOW HIRING - Permanent &amp; Substitute Positions!</b>		
<b>Choose Your Milk</b> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free	<b>School Breakfast Week!</b> GF Cheerios <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Fresh Baby Carrots w/ Dip Golden Tater Tots Fresh Fruit or Mandarin Oranges	<b>School Breakfast Week!</b> Egg Patty on GF Roll <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2) on GF Roll Pre-Order a Cold Sandwich on GF Bread Boxed Salad or Salad Bar <b>Select 2 Vegetables &amp; 2 Fruits</b> Golden French Fries & Fresh Veggies Zesty Baked Beans Chilly Peaches or Fresh Fruit	<b>Support Music in Our Schools!</b> 