







**WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 8 GLUTEN FREE MENU**







**May / June 2019**

<p>Fuel Your Day with <b>WITH A GREAT START</b> <b>STOP IN FOR BREAKFAST</b> Breakfast Yogurt Parfait</p>	<p><b>Monday</b> <b>BREAKFAST - Select 1 Entrée</b> Choose 1 Fruit &amp;/or 1 Fruit Juice Select Favorite Milk <b>Breakfast must have 3 food items 1 must be a fruit or juice.</b></p>	<p><b>Tuesday</b> <b>Meal Prices</b>  Elementary Breakfast \$1.85 School Breakfast \$2.05 School Breakfast \$2.25 Reduced Breakfast \$.30</p>	<p><b>Wednesday</b> Call the Food Service Office with questions and concerns (610) 670-0180 x 1147 <b>Menu subject to change without notice!</b> We are an equal opportunity provider and employer.</p>	<p><b>Thursday</b> <b>Meal Prices</b> Elementary Lunch \$2.70 Middle School Lunch \$2.90 High School Lunch \$3.10 Reduced Lunch \$.40</p>	<p><b>Friday</b> <b>LUNCH - Select 1 Entrée</b> 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> <b>WE OFFER CHOICES</b> EVERY DAY AT LUNCH!! Daily Special Wilson Lunchable Salad Meal</p>	<p><b>Celebrate Your School Lunch Hero's Friday, May 3!!</b></p> <p><b>SCHOOL LUNCH HERO DAY</b>  No need for a cape when you have an apron. May 3, 2019</p> <p><b>THANKS to the Food Service Staff for their great service this year!!</b>  </p>			<p><b>May 1</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> GF Pizza Buns Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit &amp; Chilly Applesauce</p>	<p><b>May 2</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Celery &amp; Cucumber w/ Dip Steamy Carrots Fresh Fruit or Chilly Pears</p>	<p><b>May 3 - School Lunch Staff Hero Day!</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Ham &amp; Cheese on GF Roll Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Black Bean Salsa Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>		
<p><b>Grab 'n Go Meals</b> Check out these two new options TODAY!!</p>	<p><b>May 6 Cinco De Mayo Celebration</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Beef Taco on Hard Corn Shells Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Celery Sticks Zesty Baked Beans Fresh Fruit &amp; Chilly Mandarin Oranges</p>	<p><b>May 7</b> <b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich -GF ROLL <b>Lunch Select 1 Entrée</b> Beef Hot Dog on GF Roll Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Cucumber Sticks w/ Dip Mild Tomato Salsa Fresh Fruit or Chilly Peaches</p>	<p><b>May 8</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> American Hoagie w/Fixings/GF Roll Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Baby Carrots w/ Dip Golden Emoji Potatoes Fresh Fruit or Chilled Applesauce</p>	<p><b>May 9</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Steamy Broccoli Fluffy Whipped Potatoes Fresh Fruit or Chilly Pears</p>	<p><b>May 10</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> GF Pizza Buns Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Baby Carrots w/ Dip Steamy Green Beans Fresh Fruit or Chilly Mixed Fruit</p>			
<p><b>Pizza Lunchable</b> Almost Vegetarian Lunchable</p>	<p><b>Yogurt Parfait Lunch</b> Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choice of Milk</p>	<p><b>Choose Your Milk</b> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p><b>Mother's Day Sunday, May 12</b> </p>	<p><b>May 13</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Golden French Fries Zesty Baked Beans Fresh Fruit or Chilly Mandarin Oranges</p>	<p><b>May 14</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Beef Taco on Hard Corn Shells Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Romaine Side Salad w/ Dressing Pkt. Crunchy Baby Carrots Fresh Fruit or Chilly Peaches</p>	<p><b>May 15</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Beef Hot Dog on GF Roll Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fluffy Whipped Potatoes Golden Corn or Fresh Veggies Fresh Fruit or Chilly Applesauce</p>	<p><b>May 16</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Golden French Fries Side Salad w/ Choice of Dressing Fresh Fruit or Chilly Pears</p>	<p><b>May 17</b> <b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Hamburger on GF Roll Garden Salad w/ Cheese &amp; GF Roll <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Fresh Veggies w/ Dip Steamy Mixed Vegetables Fresh Fruit or Chilly Mixed Fruit</p>

Please Pay Outstanding School Meal Debt by Friday, May 31.

**WILSON SCHOOL DISTRICT KINDERGARTEN - GRADE 8 GLUTEN FREE MENU**

May / June 2019

<p>Fuel Your Day with WITH A GREAT START STOP IN FOR BREAKFAST Breakfast Yogurt Parfait</p>	<p><b>Monday</b></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>Tuesday</b></p> <p><b>Meal Prices</b> Tary Breakfast \$1.85 School Breakfast \$2.05 School Breakfast \$2.25 Reduced Breakfast \$3.30</p> 	<p><b>Wednesday</b></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>Thursday</b></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>Friday</b></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>May 20</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 21</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich -GF ROLL <b>Lunch Select 1 Entrée</b> Beef Hot Dog on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 22</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Beefy Hard Shell Taco w/ Cheese Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 23</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 24</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>**NEW* Grab 'n Go *NEW**</b> <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> (2) String Cheese &amp; GF Rolls Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>
<p><b>WE OFFER CHOICES</b> EVERY DAY AT LUNCH!! Daily Special Wilson Lunchable Salad Meal</p>	<p><b>May 20</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 21</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich -GF ROLL <b>Lunch Select 1 Entrée</b> Beef Hot Dog on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 22</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Beefy Hard Shell Taco w/ Cheese Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 23</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 24</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>**NEW* Grab 'n Go *NEW**</b> <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> (2) String Cheese &amp; GF Rolls Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>
<p><b>Grab 'n Go Meals</b></p>	<p><b>May 20</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 21</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich -GF ROLL <b>Lunch Select 1 Entrée</b> Beef Hot Dog on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 22</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Beefy Hard Shell Taco w/ Cheese Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 23</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 24</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>**NEW* Grab 'n Go *NEW**</b> <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> (2) String Cheese &amp; GF Rolls Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>
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<p>Pizza Lunchable Almost Vegetarian Lunchable</p>	<p><b>May 20</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 21</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich -GF ROLL <b>Lunch Select 1 Entrée</b> Beef Hot Dog on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 22</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Beefy Hard Shell Taco w/ Cheese Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 23</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Cheeseburger on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 24</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>**NEW* Grab 'n Go *NEW**</b> <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> (2) String Cheese &amp; GF Rolls Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>
<p>Yogurt Parfait Lunch Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choice of Milk Choose Your Milk 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p><b>May 27</b></p> <p><b>School Closed</b></p> 	<p><b>May 28</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken w/ Roll Chef's Salad w/ GF Roll</p>	<p><b>May 29</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; WG Cereal <b>Lunch Select 1 Entrée</b> GF Pizza Buns Garden Salad w/ Cheese &amp; GF Roll</p>	<p><b>May 30</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Chicken Patty on GF Roll Chef's Salad w/ GF Roll</p>	<p><b>May 31</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Ham &amp; Cheese on GF Roll Garden Salad w/ Cheese &amp; GF Roll</p>
	<p><b>June 3</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Hot Dog on GF Roll Walking Taco w/ Beef &amp; Cheese <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Baby Carrots w/ Dip Mild Salsa - Lettuce &amp; Tomato Fresh Fruit &amp; Chilly Mixed Fruit</p>	<p><b>June 4</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich <b>Lunch Select 1 Entrée</b> Grilled Chicken on GF Roll</p>	<p><b>June 5</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> American Hoagie on GF Roll w/Sand, Fixings</p>	<p><b>June 6</b></p> <p><b>Breakfast Select 1 Entrée</b> Breakfast Pizza <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> Deli Ham &amp; Cheese GF Sandwich Fresh Veggies w/ Ranch Dressing Variety of Fruit</p>	<p><b>June 7</b></p> <p><b>Breakfast Select 1 Entrée</b> Mini Pancakes <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> Deli Turkey Sandwich on GF Bread Fresh Veggies w/ Ranch Dressing Variety of Fruit</p>
	<p><b>June 3</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Hot Dog on GF Roll Walking Taco w/ Beef &amp; Cheese <b>Select 1 or 2 Vegetables &amp;/or 1 Fruit</b> Crunchy Baby Carrots w/ Dip Mild Salsa - Lettuce &amp; Tomato Fresh Fruit &amp; Chilly Mixed Fruit</p>	<p><b>June 4</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich <b>Lunch Select 1 Entrée</b> Grilled Chicken on GF Roll</p>	<p><b>June 5</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> American Hoagie on GF Roll w/Sand, Fixings</p>	<p><b>June 6</b></p> <p><b>Breakfast Select 1 Entrée</b> Breakfast Pizza <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> Deli Ham &amp; Cheese GF Sandwich Fresh Veggies w/ Ranch Dressing Variety of Fruit</p>	<p><b>June 7</b></p> <p><b>Breakfast Select 1 Entrée</b> Mini Pancakes <b>Grab a Meal Before You Go Home...</b> <b>Early Dismissal - Bag Lunch Available</b> Deli Turkey Sandwich on GF Bread Fresh Veggies w/ Ranch Dressing Variety of Fruit</p> <p><b>HAVE A FUN SUMMER!!</b></p>

Use e-Funds for Schools to put money into your child's account at [www.wilsonsd.org](http://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!



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