

WILSON SCHOOL DISTRICT HIGH SCHOOL GRADES 9 - 12 **GLUTEN FREE**

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></p> <p><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></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><b>Wednesday</b></p> <p>Call the Food Service Office with questions and concerns (610) 670-0180 x 1147 <b>Menu subject to change without notice!</b> <b>We are an equal opportunity provider and employer.</b></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 <i>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</i></p>
	<p><b>Celebrate Your School Lunch Hero's Friday, May 31!</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></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> <b>Walking Taco:</b> Nacho Chips, Cheese Sauce, Salsa, Lettuce, Tomato <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Grape Tomatoes w/ Dip Steamy Corn Fresh Fruit &amp; Chilly Applesauce</p>	<p><b>May 2</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 <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Cheesy Broccoli &amp; Fresh Veggies Golden Shoestring Fries Fresh Fruit or Chilly Pears</p>	<p><b>May 3 - School Lunch Staff Hero Day!</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Pulled Pork on GF Roll <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Golden Tater Tots Crunchy Fresh Veggies Fresh Fruit or Orange Juice</p>
<p><b>LUNCH for YOU!</b> Variety Cold Sandwiches Daily Specials Wilson Salads <b>All Grains = Gluten Free</b></p> <p><b>Try Our New Grab 'n Go Wilson Salads</b></p> <p>Spicy Popcorn Chicken Popcorn Chicken Vegetarian w/ Cheese Cobb w/ Popcorn Chicken Chef's Salads</p> <p><b>Available Daily!!</b></p> <p><b>Mother's Day</b> Sunday, May 12</p> <p><b>Yogurt Parfait Lunch</b> Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choice of Milk <b>Choose Your Milk</b> 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</p>	<p><b>May 6</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Hamburger or Cheeseburger on GF Roll <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Crunchy Baby Carrots w/ Dip Golden French Fries Fresh Fruit &amp; Chilly Mandarin Oranges</p>	<p><b>May 7</b></p> <p><b>Breakfast Select 1 Entrée</b> Bulldog Breakfast Sandwich/GF Roll <b>Lunch Select 1 Entrée</b> Berks All Beef Hot Dogs (2)/GF Rolls <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Crispy Romaine Side Salad w/ Choice Dress Golden Tater Tots Fresh Fruit or Chilly Peaches</p>	<p><b>May 8</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> <b>Rice Bowl:</b> Oriental Rice w/ Orange Sauce over Diced Chicken <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Crunchy Celery &amp; PB Dip Steamy Broccoli Variety Fruit &amp; Assorted Ice Cream</p>	<p><b>May 9</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 <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Crunchy Broccoli w/ Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p><b>May 10</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Bulldog Big Mac on GF Roll <b>Grab a Yogurt Parfait!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Steamy Honey Carrots Golden Shoestring Fries Fresh Fruit or Applesauce</p>
	<p><b>May 13</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Grilled Cheese Sandwich on GF Bread <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Golden French Fries Zesty Baked Beans Fresh Fruit or Chilly Mandarin Oranges</p>	<p><b>May 14</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Walking Taco w/ Salsa <b>Grab a Yogurt Parfait!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Steamy Green Beans Crunchy Baby Carrots Fresh Fruit or Chilly Peaches</p>	<p><b>May 15</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> <b>Diced Chicken,</b> w/ GF Roll - Mashed Potatoes, Gravy &amp; Corn <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Fluffy Whipped Potatoes Steamy Corn Fresh Fruit or Chilly Applesauce</p>	<p><b>May 16</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Breaded or Spicy Chicken on WG Roll <b>Grab a Yogurt Parfait! w/ GF</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Golden French Fries Crunchy Fresh Veggies w/ Dip Fresh Fruit or Chilly Pears</p>	<p><b>May 17</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Lunch Select 1 Entrée</b> Pulled BBQ Pork on WG Roll <b>Try one of our Wilson Salads!!</b> <b>Select Up to 2 Vegetables &amp; Up to 2 Fruit</b> Golden Onion Rings Crunchy Fresh Veggies w/ Dip Fresh Fruit or Applesauce</p>

WILSON SCHOOL DISTRICT HIGH SCHOOL GRADES 9 - 12 **GLUTEN FREE**

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> Elementary Breakfast \$1.85 Middle School Breakfast \$2.05 High School Breakfast \$2.25 Reduced Breakfast \$.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>LUNCH for YOU!</b> Variety Cold Sandwiches Uncrustable PB &amp; J Wilson Salads 3 Daily Specials</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> Hamburger or Cheeseburger on 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> Grilled Chicken Patty on 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> <b>Taco Bar:</b> Taco Shell, Shredded Cheese, Salsa, Lettuce, Tomato, Sour Cream</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> Grilled Cheese Sandwich on GF Bread</p>
<p><b>Try Our New Grab 'n Go Wilson Salads</b> Spicy Popcorn Chicken Popcorn Chicken Vegetarian w/ Cheese Cobb w/ Popcorn Chicken Chef's Salads</p>	<p><b>Grab a Wilson Salad!!</b> Select Up to 2 Vegetables &amp; Up to 2 Fruit Golden French Fries Crunchy Baby Carrots w/ Dip Fresh Fruit or Chilly Mandarin Oranges</p>	<p><b>How about a Yogurt Parfait?</b> Select Up to 2 Vegetables &amp; Up to 2 Fruit Golden French Fries Steamy Honey Carrots Fresh Fruit or Chilly Peaches</p>	<p><b>Grab a Wilson Salad!!</b> Select Up to 2 Vegetables &amp; Up to 2 Fruit Steamy Corn Black Bean Salsa Fresh Fruit &amp; Chilly Applesauce</p>	<p><b>Grab a Wilson Salad!!</b> Select Up to 2 Vegetables &amp; Up to 2 Fruit Golden Onion Rings Crunchy Broccoli Fresh Fruit &amp; Chilly Pears</p>	<p><b>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</b> Deli Sandwich on GF Bread or Roll Fresh Veggies w/ Ranch Dressing Variety of Fruit</p>
<p><b>Available Daily!!</b> Yogurt Parfait Lunch Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies 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> Philly Cheese Steak w/wo Onions</p>	<p><b>May 29</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</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> Unbreaded Chicken Patty on 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> Hot Dogs (2) on GF Rolls</p>
<p><b>memorial DAY</b></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> Hamburger or Cheeseburger on GF Roll</p>	<p><b>June 4</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</p>	<p><b>June 5</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</b> Deli Sandwiches Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>	<p><b>June 6</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</b> Deli Sandwiches Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>	<p><b>June 7</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</b> Deli Sandwiches Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>
<p><b>Available Daily!!</b> Yogurt Parfait Lunch Yogurt w/ Fruit &amp; Granola Hot &amp; Cold Veggies Choose Your Milk 1% Chocolate 1% Strawberry 1% White or Skim White Lactose Free</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> Hamburger or Cheeseburger on GF Roll</p>	<p><b>June 4</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</p>	<p><b>June 5</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</b> Deli Sandwiches Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>	<p><b>June 6</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</b> Deli Sandwiches Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>	<p><b>June 7</b></p> <p><b>Breakfast Select 1 Entrée</b> Yogurt Parfait w/ Fruit &amp; GF Cereal <b>Grab a Meal Before You Go Home... Early Dismissal - Bag Lunch Available</b> Deli Sandwiches Fresh Veggies w/ Ranch Dressing Variety of Fruit Choice of Milk</p>
<p><b>Congratulations Class of 2019!! GOOD LUCK ON FINALS!!</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!**



Please Pay All Outstanding Lunch Debt by Friday, May 31!