

Wilmington Area Food Service Gluten Free Lunch MENU November 2018

The menu is also available on the website at
www.wilmington.k12.pa.us.

Breakfast Prices: (District Wide)	
Daily: \$1.10	Weekly: \$5.50
Reduced: \$0.30	Weekly: \$1.50
Lunch Prices:	
Elementary:	
Daily: \$1.75	Weekly: \$8.75
Reduced: \$0.40	Weekly: \$2.00
Middle School/High School:	
Daily: \$1.95	Weekly: \$9.75
Reduced: \$0.40	Weekly: \$2.00
Please make checks payable to: Wilmington Area Food Service	
\$Reduced: \$0.40	Weekly: \$2.00
Please make checks payable to: Wilmington Area Food Service	

In order to qualify for a reimbursable meal,
Your meals must include at least three of the main food items: Meat or meat alternate,
Breads, AND MUST HAVE 1/2 CUP FRUIT OR VEGETABLE-Otherwise, regulations require an a-la-carte pricing. In addition to the menued items, the following will be available daily:

DAILY CHOICE OF FRUIT:

- Fresh: When available
Apple, Cantaloupe, Watermelon, Pears
Canned: Peaches, Pears, Pineapple
Mandarin Oranges, Mixed Fruit
Applesauce

4 oz Cup Veggies Daily

- Beets**
Carrot Stick
Broccoli
Garbanzo Beans

Mon	Tue	Wed	Thu	Fri
			1 Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	2 GF Pizza Celery Sticks Choice of Fruit Milk
5 GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	6 Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	7 Fajita Meat Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	8 Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	9 GF Pizza Celery Sticks Choice of Fruit Milk
12 GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	13 Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	14 Fajita Meat Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	15 Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	16 GF Pizza Celery Sticks Choice of Fruit Milk
19 GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	20 Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 NO SCHOOL	27 Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	28 Fajita Meat Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	29 Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	30 GF Pizza Celery Sticks Choice of Fruit Milk