

Wilmington Area Food Service Gluten Free Lunch MENU January 2019

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: \$2.00	Weekly: \$10.00
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

Mon	Tue	Wed	Thu	Fri
1	2	3	4	
	NO SCHOOL	Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	GF Pizza Celery Sticks Choice of Fruit Milk	
7	8	9	10	11
GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	NO SCHOOL	Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	GF Pizza Celery Sticks Choice of Fruit Milk
14	15	16	17	18
GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	Bf Rib Patty in BBQ Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	GF Pizza Celery Sticks Choice of Fruit Milk
21	22	23	24	25
	Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit Milk	Bf Rib Patty in BBQ Gluten Free Bun Tossed Romaine Salad Choice of Fruit Milk	Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit Milk	GF Pizza Celery Sticks Choice of Fruit Milk
28	29	30	31	
GF Hot Dog / GF Bun Carrots Sticks Choice of Fruit Milk	Grilled Chicken Gluten Free Bun Mashed Potatoes Choice of Fruit	Bf Rib Patty in BBQ Gluten Free Bun Tossed Romaine Salad Choice of Fruit	Taco Meat Hard Corn Taco Shell Carrots Sticks Choice of Fruit	4 oz Cup Veggies Daily Beets Carrot Stick