

MAY



Wilson High School Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
May 17		May 18		May 19		May 20		May 21	
Chicken Caesar Salad: Grilled Chicken Strips with Chopped Romaine Tossed in a Creamy Caesar Dressing and Parmesan Cheese. Topped with Crunchy Whole Wheat Croutons		Chicken Caesar Salad: Grilled Chicken Strips with Chopped Romaine Tossed in a Creamy Caesar Dressing and Parmesan Cheese. Topped with Crunchy Whole Wheat Croutons		Chicken Caesar Salad: Grilled Chicken Strips with Chopped Romaine Tossed in a Creamy Caesar Dressing and Parmesan Cheese. Topped with Crunchy Whole Wheat Croutons		Thai Noodle Bowl with Chicken: Whole Wheat Noodles in a Homemade Sesame Sauce Tossed with Bell Peppers, Fresh Cilantro, Carrots & Chicken Strips			
Whole Grain Breaded Chicken Patty on a Hamburger Bun		Assorted Sandwiches, Salads, & Parfait Lunches		Assorted Sandwiches, Salads, & Parfait Lunches		Brunch for Lunch! French Toast Sticks served with Sausage Links, Hash Browns & Maple Syrup			
Assorted Sandwiches, Salads, & Parfait Lunches						Assorted Sandwiches, Salads, & Parfait Lunches			
Vegetable Sides: Baby Carrots or Broccoli Florets		Vegetable Sides: Cucumber Slices		Vegetable Sides: Cucumber Slices		Vegetable Sides: Hash Browns, Cucumber Slices or Honey Roasted Chickpeas			
Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit			
Choice of Chocolate or White Milk		Choice of Chocolate or White Milk		Choice of Chocolate or White Milk		Choice of Chocolate or White Milk			
May 24		May 25		May 26		May 27		May 28	
Walking Tacos: Taco Seasoned Ground Beef, Nacho Cheese Tortilla Chips, Shredded Cheddar Cheese, Romaine, & Diced Tomatoes		Whole Grain Pizza Max Sticks Stuffed with Mozzarella Cheese and Served with Marinara Dipping Sauce		Whole Grain Pizza Max Sticks Stuffed with Mozzarella Cheese and Served with Marinara Dipping Sauce		Rich Chicks Whole Grain Breaded Chicken Tenders with Mac and Cheese and the Vegetable of the Day		Rich Chicks Whole Grain Breaded Chicken Tenders with Mac and Cheese and the Vegetable of the Day	
Whole Grain Pizza Max Sticks Stuffed with Mozzarella Cheese and Served with Marinara Dipping Sauce		Assorted Sandwiches, Salads, & Parfait Lunches		Assorted Sandwiches, Salads, & Parfait Lunches		Whole Grain Pizza Max Sticks Stuffed with Mozzarella Cheese and Served with Marinara Dipping Sauce		Whole Grain Pizza Max Sticks Stuffed with Mozzarella Cheese and Served with Marinara Dipping Sauce	
Assorted Sandwiches, Salads, & Parfait Lunches						Assorted Sandwiches, Salads, & Parfait Lunches		Assorted Sandwiches, Salads, & Parfait Lunches	
Vegetable Sides: Baby Carrots or Broccoli Florets		Vegetable Sides: Cucumber Slices		Vegetable Sides: Cucumber Slices		Vegetable Sides: Steamed Corn or Spiced Chickpeas		Vegetable Sides: Steamed Corn or Spiced Chickpeas	
Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit	
Choice of Chocolate or White Milk		Choice of Chocolate or White Milk		Choice of Chocolate or White Milk		Choice of Chocolate or White Milk		Choice of Chocolate or White Milk	
May 31		June 1		June 2		June 3		June 4	
Memorial Day Holiday		Brunch for Lunch! Breakfast Pizza: Whole Wheat Crust, Marinara Sauce, Cheese, Crumbled Sausage		Brunch for Lunch! Breakfast Pizza: Whole Wheat Crust, Marinara Sauce, Cheese, Crumbled Sausage		Early Dismissal		Enjoy Summer!	
		Rich Chicks Whole Grain Breaded Chicken Patty on a Whole Wheat Bun with Lettuce & Tomato		Rich Chicks Whole Grain Breaded Chicken Patty on a Whole Wheat Bun with Lettuce & Tomato		Grab and Go Deli Sandwiches & Parfait Lunches, Served with the Vegetable of the Day, Available to Take Home!			
		Assorted Sandwiches, Salads, & Parfait Lunches		Assorted Sandwiches, Salads, & Parfait Lunches					
		Vegetable Sides: Broccoli Florets, Baby Carrots or Celery Sticks		Vegetable Sides: Broccoli Florets, Baby Carrots or Celery Sticks					
		Assorted Fruit		Assorted Fruit		Assorted Fruit			
Choice of Chocolate or White Milk		Choice of Chocolate or White Milk		Choice of Chocolate or White Milk		Choice of Chocolate or White Milk			

The Food Service Staff continues to work in safe and sanitary conditions to prepare and provide meals to our students. Every day we follow FDA Food Safety standards of frequent and thorough hand