

goodbye, august  
hello, september



**Wilson School District March High School Lunch Menu**

| Monday<br>August 23  |  | Tuesday<br>August 24   |  | Wednesday<br>August 25   |  | Thursday<br>August 26  |  | Friday<br>August 27  |  |
|--|--|--|--|--|--|--|--|--|--|
| <p><b>Welcome Back!</b></p>  |  |  |  | Entrée One: Thai Noodle Salad: Whole Wheat Noodles with a Thai Sunflower Butter Sauce, Shredded Carrots, Peppers, Chicken Strips and Fresh Scallions                       |  | Entrée One: Meatball Sub: Beef Meatballs in Marinara Sauce on a Whole Wheat Sub Roll, Topped with Mozzarella Cheese  |  | Entrée One: Baked Bone-In BBQ Chicken with Mac & Cheese  |  |
|  |  |  |  | Entrée Two: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side   |  | Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll   |  | Entrée Two: Chicken and Cheese Quesadillas with Peppers and Onion  |  |
|  |  |  |  | Entrée Three: Assorted Deli Sandwiches & Assorted Salads   |  | Entrée Three: Assorted Deli Sandwiches & Assorted Salads   |  | Entrée Three: Assorted Deli Sandwiches & Assorted Salads   |  |
|  |  |  |  | Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola) |  | Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola) |  | Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola) |  |
|  |  |  |  | Assorted Bean Vegetable of the Day: Options Include: Fiesta Bean Salad, Three Bean Salad, Italian Roasted Beans, Honey Roasted Chickpeas                                   |  | Assorted Green Starch Vegetable of the Day: Options Include: Corn Salad, Tater Tots, Oven-Baked Fries  |  | Assorted Green Vegetable of the Day: Options Include: Broccoli Florets, Side Salad, Roasted Broccoli, Sautéed Spinach  |  |
|  |  |  |  | Assorted Fruit   |  | Assorted Fruit   |  | Assorted Fruit   |  |
|  |  |  |  | Choice of Chocolate or White Milk  |  | Choice of Chocolate or White Milk  |  | Choice of Chocolate or White Milk  |  |
| August 30  |  | August 1   |  | September 1  |  | September 2  |  | September 3  |  |
| Entrée One: Pepperoni Pizza  |  | Entrée One: Nachos Grande: Tortilla Chips, Taco Seasoned Ground Beef, Cheddar Cheese Sauce, Salsa & Fresh Scallions  |  | Entrée One: Whole Grain Rotini Pasta with Meatballs in Marinara Sauce  |  | Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with Turkey Sausage  |  | <p><b>No School!<br/>Happy Labor Day Weekend!</b></p>  |  |
| Entrée Two: Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun, Served with Condiments on the Side  |  | Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce  |  | Entrée Two: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side   |  | Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll   |  |  |  |
| Entrée Three: Smuckers PB&J Uncrustables Offered Daily   |  | Entrée Three: Smuckers PB&J Uncrustables Offered Daily   |  | Entrée Three: Smuckers PB&J Uncrustables Offered Daily   |  | Entrée Three: Smuckers PB&J Uncrustables Offered Daily   |  |  |  |
| Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola) |  | Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola) |  | Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola) |  | Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola) |  |  |  |
| Assorted Orange Vegetable of the Day: Options Include: Carrots, Shredded Carrot Salad, Roasted Sweet Potatoes, Red Pepper Strips   |  | Assorted Vegetable of the Day: Options Include: Cucumber Slices, Cauliflower Florets, Roasted Cauliflower, Celery Slices   |  | Assorted Bean Vegetable of the Day: Options Include: Fiesta Bean Salad, Three Bean Salad, Italian Roasted Beans, Honey Roasted Chickpeas                                   |  | Assorted Green Starch Vegetable of the Day: Options Include: Corn Salad, Tater Tots, Oven-Baked Fries  |  |  |  |
| 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  |  |  |  |

**Due to food delivery and staffing issues resulting from Covid-19, menu options are subject to change. 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 washing, wearing gloves and hairnets and not reporting to work if sick. If you have any questions about our meal service during this time please contact: Sarah Ginn at 610.670.0180 x 1147 I will return you call as quickly as possible.**