



Wilson School District March High School Lunch Menu

Monday September 6		Tuesday September 7		Wednesday September 8		Thursday September 9		Friday September 10	
<p>No School! Happy Labor Day Weekend!</p>		Entrée One: Taco Salad: Taco Seasoned Beef Crumbles, Cheddar Cheese Sauce, Diced Tomatoes, Tortilla Chips over Shredded Lettuce		Entrée One: Whole Wheat Mac and Cheese		Entrée One: Grilled Cheese Sandwich & Tomato Soup: Whole Wheat Bread and American Cheese, Served with Tomato Soup		Entrée One: Whole Grain Breaded Chicken Tenders with a Whole Wheat Dinner Roll	
		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 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 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)		Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	
		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 Green Vegetable of the Day: Options Include: Broccoli Florets, Side Salad, Roasted Broccoli, Sautéed Spinach	
		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	
September 13		September 14		September 15		September 16		September 17	
Entrée One: Veggie Pizza: Whole Wheat Crust, Marinara Sauce, Shredded Cheese, Topped with Roasted Vegetables		Entrée One: Totchos: Baked Tater Tots Topped with Taco-Seasoned Beef Crumbles, Shredded Cheddar Cheese, Salsa, Diced Tomatoes; Served with Tortilla Chips		Entrée One: Whole Grain Rotini Pasta with Alfredo Sauce and Chicken		Entrée One: Brunch for Lunch: Whole Wheat Croissant with Egg, Cheese & Turkey Bacon		Entrée One: Chicken Caesar Salad: Shredded Romaine, Whole Wheat Croutins, Chicken Strips, Parmesan Cheese & Creamy Caesar Dressing	
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 Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll	
Entrée Three: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads		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)		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 Green Starch Vegetable of the Day: Options Include: Corn Salad, Tater Tots, Oven-Baked Fries	
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	

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.