



Wilson School District March High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
October 4	October 5	October 6	October 7	October 8
Entrée One: Buffalo Chicken Pizza: Whole Grain Crust Topped with Marinara, Lowfat Cheese & Buffalo Chicken	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 Breaded Chicken Patty on a Whole Wheat Bun	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 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 Vegetable of the Day: Options Include: Broccoli Florets, Side Salad, Roasted Broccoli, Sautéed Spinach
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
October 11	October 12	October 13	October 14	October 15
No School! Enjoy Your Monday!	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 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
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	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
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.