



## Wilson School District March High School Lunch Menu

Martin Luther King Jr. Day  
No School

Monday	Tuesday	Wednesday	Thursday	Friday	
January 17	January 18	January 19	January 20	January 21	
<p style="color: red; font-weight: bold; font-size: 1.2em;">Martin Luther King Jr. Day No School</p>	Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend	Entrée One: Chili Fries: Hearty Beef Chili over Fries or Tater Tots. Served with a Dinner Roll	Entrée One: Grilled Cheese Sandwich & Tomato Soup: Whole Wheat Bread and American Cheese, Served with Tomato Soup	Entrée One: Baked BBQ Bone-In Chicken with Mac & Cheese	
	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Two: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side	Entrée Two: Whole Grain Breaded Chicken Patty on a Whole Wheat Hamburger Roll	Entrée Two: Chicken and Cheese Quesadillas with Peppers and Onion	
	Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	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
	Assorted Vegetable of the Day: Options Include: Cucumber Slices, Cauliflower Florets, Roasted Cauliflower, Celery Slices	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 Fruit	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 Green Vegetable of the Day: Options Include: Broccoli Florets, Side Salad, Roasted Broccoli, Sautéed Spinach
	Choice of Chocolate or White Milk	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
January 24	January 25	January 26	January 27	January 28	
Entrée One: Whole Grain Lomein Noodles with Beef	Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend	Entrée One: Brunch For Lunch: Turkey Bacon, Egg & Cheese on a Whole Wheat Croissant	Entrée One: Shepherds Pie: Seasoned Ground Beef and Vegetables topped with Mashed Potatoes	Entrée One: Toasted Ham and Cheese Sandwich on a Whole Wheat Pretzel Bun	
Entrée Two: Whole Grain Max Sticks with Marinara Dipping Sauce		Entrée Two: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side	Entrée Two: Whole Grain Breaded Chicken Patty on a Whole Wheat Hamburger 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: 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)	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 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	

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.