



Wilson School District March High School Lunch Menu

Monday March 14		Tuesday March 15		Wednesday March 16		Thursday March 17		Friday March 18	
Entrée One: Meatball Sub: beef meatballs in marinara sauce on a whole wheat roll. Topped with cheese.		Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Entrée One: Sweet and Sour Chicken: whole grain breaded chicken tossed in sweet and sour sauce and served over rice		Entrée One: Grilled Cheese Sandwich & Tomato Soup: Whole Wheat Bread and American Cheese, Served with Tomato Soup		Entrée One: Beef Hot Dog on a Whole Wheat 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: 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	
March 21		March 22		March 23		March 24		March 25	
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: Baked Ziti: whole wheat pasta, marinara sauce, lowfat mozzarella & ricotta & ground meat		PD Day: No School for Students	
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 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 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 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 your call as quickly as possible.