



Wilson School District September High School Lunch Menu

Monday September 5		Tuesday September 6		Wednesday September 7		Thursday September 8		Friday September 9					
<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 & Cheese	Entrée One: Pulled Pork Sandwich on a Whole Wheat Hamburger Bun. Condiments Served on the Side	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: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll	Entrée Two: Chicken Patty Sandwich on a Whole Wheat Hamburger Bun. Condiments on the Side.	Entrée Two: Chicken or Cheese Quesadillas Served with Salsa	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 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	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	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	
	September 12		September 13		September 14		September 15		September 16				
	Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend	Entrée One: Burrito Bowl: Brown Rice with Taco Seasoned Chicken, Shredded Cheese, Salsa and Avocado	Entrée One: Chicken Caesar Salad: Romaine Lettuce, Parmesan Cheese, Cherry Tomatoes, Whole Wheat Croutons, Chicken & Creamy Caesar Dressing.	Entrée One: Brunch for Lunch: Whole Wheat Croissant with Egg, Cheese & Turkey Bacon	Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce	Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll	Entrée Two: Chicken Patty Sandwich on a Whole Wheat Hamburger Bun. Condiments on the Side.	Entrée Two: Chicken Patty Sandwich on a Whole Wheat Hamburger Bun. Condiments on the Side.	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	<p>No School! Happy Friday!</p>
	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	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	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.