



Vilson School District September Elementary Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
September 19		September 20		September 21		September 22		September 23	
Entrée One: Individual Pizzas on Whole Wheat Crust		Entrée One: Tacos with Ground Beef, Cheddar, Lettuce & Tomatoes		Entrée One: Freshly Baked Individual Pizzas. All options on whole wheat crust.		Entrée One: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side		Entrée One: Whole Wheat Mac and Cheese	
Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays		Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday		Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays		Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday		Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays	
Entrée Three: Smuckers PB&J Uncrustables Offered Daily		Entrée Three: Smuckers PB&J Uncrustables Offered Daily		Entrée Three: Smuckers PB&J Uncrustables Offered Daily		Entrée Three: Smuckers PB&J Uncrustables Offered Daily		Entrée Three: Smuckers PB&J Uncrustables Offered Daily	
Vegetables of the Day: Baby Carrots or Broccoli Florets with Ranch		Vegetables of the Day: Red Pepper Straps with Dip or Fiesta Beans		Vegetables of the Day: Garden Salad or Cucumber Slices with Ranch		Vegetables of the Day: Southwestern Steamed Corn or Ranch Chicpeas		Vegetables of the Day: Cauliflower and Dip or 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	
September 26		September 27		September 28		September 29		September 30	
Entrée One: Subway Hoagie Day: Sliced Turkey or Sliced Ham on a Whole Grain Roll. Served with Lettuce & Tomato on the Side		Entrée One: Nachos Grande: Tortilla Chips, Taco Seasoned Ground Beef, Cheddar Cheese Sauce, Salsa & Fresh Scallions		Entrée One: Whole Grain Breaded Chicken Nuggets with a Garlic Breadstick		Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with an Egg Patty		Entrée One: Whole Grain Breaded Chicken Patty Sandwich with Lettuce and Tomato. Condiments Served on the Side.	
Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays		Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays		Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays		Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday		Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays	
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Vegetables of the Day: Baby Carrots or Celery Sticks with Ranch		Vegetables of the Day: Green Beans or Chickpea Salsa		Vegetables of the Day: Corn Salad or Roasted Broccoli		Vegetables of the Day: Grape Tomatoes with Dip or Oven Bakes Fries		Vegetables of the Day: Garden Salad or Baked Beans	
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 your call as quickly as possible.