



Wilson School District September High School Lunch Menu

Monday October 17		Tuesday October 18		Wednesday October 19		Thursday October 20		Friday October 21	
Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Entrée One: Tacos with Ground Beef, Cheddar, Lettuce & Tomatoes		Entrée One: Thai Noodle Salad: Whole Wheat Noodles with a Thai Sunflower Butter Sauce, Shredded Carrots, Peppers, Chicken Strips and Fresh Scallions		Entrée One: Meatball Sub: Beef Meatballs in Marinara Sauce on a Whole Wheat Sub Roll, Topped with Mozzarella Cheese		Entrée One: BBQ Chicken Shaker Salad: Romaine, Cherry Tomatoes & Corn, Cucumber, Shredded Cheddar with BBQ Chicken. Served with Corn Bread	
		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: 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	
Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits	
Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter	
Vegetables of the Day: Baby Carrots or Broccoli Florets with Ranch		Vegetables of the Day: Red Pepper Streps 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	
October 24		October 25		October 26		October 27		October 28	
Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Entrée One: Subway Hoagie Day: Turkey, Ham, Italian or Veggie on a Whole Grain Roll. Served with Lettuce & Tomato on the Side		Entrée One: Whole Wheat Mac and Cheese		Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with Turkey Sausage		Entrée One: Whole Grain Breaded Sweet & Sour Chicken with Brown Rice	
		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: 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	
Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits	
Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter		Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter	
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.