



Wilson School District September High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
September 19	September 20	September 21	September 22	September 23
<p>Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend</p>	<p>Entrée One: Tacos with Ground Beef, Cheddar, Lettuce & Tomatoes</p>	<p>Entrée One: Thai Noodle Salad: Whole Wheat Noodles with a Thai Sunflower Butter Sauce, Shredded Carrots, Peppers, Chicken Strips and Fresh Scallions</p>	<p>Entrée One: Meatball Sub: Beef Meatballs in Marinara Sauce on a Whole Wheat Sub Roll, Topped with Mozzarella Cheese</p>	<p>Entrée One: BBQ Chicken Shaker Salad: Romaine, Cherry Tomatoes & Corn, Cucumber, Shredded Cheddar with BBQ Chicken. Served with Corn Bread</p>
	<p>Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce</p>	<p>Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll</p>	<p>Entrée Two: Chicken Patty Sandwich on a Whole Wheat Hamburger Bun. Condiments on the Side.</p>	<p>Entrée Two: Chicken or Cheese Quesadillas Served with Salsa</p>
<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>
<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>
<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>
<p>Vegetables of the Day: Baby Carrots or Broccoli Florets with Ranch</p>	<p>Vegetables of the Day: Red Pepper Strels with Dip or Fiesta Beans</p>	<p>Vegetables of the Day: Garden Salad or Cucumber Slices with Ranch</p>	<p>Vegetables of the Day: Southwestern Steamed Corn or Ranch Chicpeas</p>	<p>Vegetables of the Day: Cauliflower and Dip or Oven Baked Fries</p>
<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>
<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>
September 26	September 27	September 28	September 29	September 30
<p>Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend</p>	<p>Entrée One: Subway Hoagie Day: Turkey, Ham, Italian or Veggie on a Whole Grain Roll. Served with Lettuce & Tomato on the Side</p>	<p>Entrée One: Whole Wheat Mac and Cheese</p>	<p>Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with Turkey Sausage</p>	<p>Entrée One: Whole Grain Breaded Sweet & Sour Chicken with Brown Rice</p>
	<p>Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce</p>	<p>Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll</p>	<p>Entrée Two: Chicken Patty Sandwich on a Whole Wheat Hamburger Bun. Condiments on the Side.</p>	<p>Entrée Two: Chicken or Cheese Quesadillas Served with Salsa</p>
<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>
<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>	<p>Entrée Four: Assorted Parfaits</p>
<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>	<p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardoiled Egg) or Apple & Peanut Butter</p>
<p>Vegetables of the Day: Baby Carrots or Celery Sticks with Ranch</p>	<p>Vegetables of the Day: Green Beans or Chickpea Salsa</p>	<p>Vegetables of the Day: Corn Salad or Roasted Broccoli</p>	<p>Vegetables of the Day: Grape Tomatoes with Dip or Oven Bakes Fries</p>	<p>Vegetables of the Day: Garden Salad or Baked Beans</p>
<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>
<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>

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.