



Wilson School District October Middle School Lunch Menu

Monday October 3		Tuesday October 4		Wednesday October 5		Thursday October 6		Friday October 7	
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: Breaded Boneless Chicken Wings with a Whole Grain Dinner Roll		Entrée One: Turkey Bacon Burger: Beef Burger with Jenni-Os Turkey Bacon, American Cheese, Lettuce & Tomato with Condiments on the Side		Entrée One: Grilled Cheese Sandwich: Whole Wheat Bread and American Cheese	
Entrée Two: Assorted Deli Sandwiches & Assorted Salads		Entrée Two: Assorted Deli Sandwiches & Assorted Salads		Entrée Two: Assorted Deli Sandwiches & Assorted Salads		Entrée Two: Assorted Deli Sandwiches & Assorted Salads		Entrée Two: Assorted Deli Sandwiches & Assorted Salads	
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: 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)	
Vegetables of the Day: Baby Carrots or Broccoli Florets with Ranch		Vegetables of the Day: Red Pepper Strels 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 10		October 11		October 12		October 13		October 14	
<h3>No School! Teacher PD Day</h3>		Entrée One: BBQ Chicken Breast on a Whole Wheat Bun. Condiments Served on the Side.		Entrée One: Chicken Caesar Salad: Romaine Lettuce, Parmesan Cheese, Cherry Tomatoes, Whole Wheat Croutons, Chicken & Creamy Caesar Dressing.		Entrée One: Whole Wheat Pancakes with Scrambled Egg Patties & Maple Syrup Dipping Sauce		Entrée One: All Beef Hot Dog on a Whole Wheat Bun. Condiments Served on the side	
		Entrée Two: Assorted Deli Sandwiches & Assorted Salads		Entrée Two: Assorted Deli Sandwiches & Assorted Salads		Entrée Two: Assorted Deli Sandwiches & Assorted Salads		Entrée Two: Assorted Deli Sandwiches & Assorted Salads	
		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: 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)	
		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	
		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.