



Wilson School District October Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
October 3	October 4	October 5	October 6	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
No School! Teacher PD Day	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 Maple Pancake Sausage Nuggets with 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.