



## Wilson School District November Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
October 31	November 1	November 2	November 3	November 4
Entrée One: Individual Pizzas on Whole Grain Crust	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: Veggie Power Pack: Carrots & Broccoli with Cheddar Cheese Sauce, Ranch a Hardboiled Egg & a Soft Pretzel. Offered on Mondays, Wednesdays & Fridays	Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays	Entrée Two: Veggie Power Pack: Carrots & Broccoli with Cheddar Cheese Sauce, Ranch a Hardboiled Egg & a Soft Pretzel. Offered on Mondays, Wednesdays & Fridays	Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays	Entrée Two: Veggie Power Pack: Carrots & Broccoli with Cheddar Cheese Sauce, Ranch a Hardboiled Egg & a Soft Pretzel. Offered on Mondays, Wednesdays & 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
November 7	November 8	November 9	November 10	November 11
Entrée One: Cheese Pizza: Whole Wheat Crust, Shredded Cheese, and Marinara Sauce	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: Pizza Lunchable: Turkey Pepperoni Slices, String Cheese or Shredded Mozzarella Cheese, a Breadstick or Whole Wheat Flatbread, Marinara Sauce & Sliced Apples. Offered Mondays, Wednesdays & Fridays	Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays	Entrée Two: Pizza Lunchable: Turkey Pepperoni Slices, String Cheese or Shredded Mozzarella Cheese, a Breadstick or Whole Wheat Flatbread, Marinara Sauce & Sliced Apples. Offered Mondays, Wednesdays & Fridays	Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays	Entrée Two: Pizza Lunchable: Turkey Pepperoni Slices, String Cheese or Shredded Mozzarella Cheese, a Breadstick or Whole Wheat Flatbread, Marinara Sauce & Sliced Apples. Offered Mondays, Wednesdays & Fridays
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Vegetables of the Day: Baby Carrots or Broccoli Florets 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 you call as quickly as possible.**