



Wilson School District November High School Lunch Menu

Monday October 31		Tuesday November 1		Wednesday November 2		Thursday November 3		Friday November 4	
Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Entrée One: Taco Salad: Taco Seasoned Beef Crumbles, Cheddar Cheese Sauce, Diced Tomatoes, Tortilla Chips over Shredded Lettuce		Entrée One: Whole Wheat Mac & Cheese		Entrée One: Pulled Pork Sandwich on a Whole Wheat Hamburger Bun. Condiments Served on the Side		Entrée One: Whole Grain Breaded Chicken Tenders with a Whole Wheat Dinner Roll	
		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: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads	
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 Strips 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 Chickpeas		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: 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: Chicken Caesar Salad: Romaine Lettuce, Parmesan Cheese, Cherry Tomatoes, Whole Wheat Croutons, Chicken & Creamy Caesar Dressing.		Entrée One: Brunch for Lunch: Whole Wheat Croissant with Egg, Cheese & Turkey Bacon		Entrée One: Toasted Deli Ham and Cheese on a Whole Wheat Pretzel Bun	
		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: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads		Entrée Three: Assorted Deli Sandwiches & Assorted Salads	
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: 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.