



Wilson School District November High School Lunch Menu

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--|
| October 31 | | November 1 | | November 2 | | November 3 | | 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 Strops 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 Baked 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.