



## Wilson School District October Middle School Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
October 17		October 18		October 19		October 20		October 21	
Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Entrée One: Tacos with Ground Beef, Cheddar, Lettuce & Tomatoes		Entrée One: Freshly Baked Individual Pizzas. All options on whole wheat crust.		Entrée One: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side		Entrée One: Whole Wheat Mac and Cheese	
Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: 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 24		October 25		October 26		October 27		October 28	
Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Entrée One: Nachos Grande: Tortilla Chips, Taco Seasoned Ground Beef, Cheddar Cheese Sauce, Salsa & Fresh Scallions		Entrée One: Subway Hoagie Day: Turkey, Ham, Italian or Veggie on a Whole Grain Roll. Served with Lettuce & Tomato on the Side		Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with an Egg Patty		Entrée One: Whole Grain Breaded Chicken Patty Sandwich with Lettuce and Tomato. Condiments Served on the Side.	
Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads	
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Vegetables of the Day: Baby Carrots or Celery Sticks 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.**