

JANUARY



Wilson School District January Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
January 2	January 3	January 4	January 5	January 6
<p>New Years Day Holiday! Happy 2023!</p>	<p>Entrée One: Taco Salad: Chicken Strips, Corn Kernels, Black Beans, Romaine Lettuce, Cheddar Cheese & Ranch Dressing over Romaine. Served with Tortilla Chips</p>	<p>Entrée One: Meatball Sub: Beef Meatballs in Marinara Sauce topped with Mozzarella Cheese on a Whole Wheat Sub Roll</p>	<p>Entrée One: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side</p>	<p>Entrée One: Whole Wheat Mac and Cheese</p>
	<p>Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday</p>	<p>Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays</p>	<p>Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday</p>	<p>Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays</p>
	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>
	<p>Vegetables of the Day: Red Pepper Strips with Dip or Fiesta Beans</p>	<p>Vegetables of the Day: Garden Salad or Cucumber Slices with Ranch</p>	<p>Vegetables of the Day: Oven Baked Fries or Ranch Chickpeas</p>	<p>Vegetables of the Day: Cauliflower Florets and Dip or Steamed Corn</p>
	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>
	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>
January 9	January 10	January 11	January 12	January 13
<p>Entrée One: Subway Hoagie Day: Sliced Turkey or Sliced Ham on a Whole Grain Roll. Served with Lettuce & Tomato on the Side</p>	<p>Entrée One: Nachos Grande: Tortilla Chips, Taco Seasoned Ground Beef, Cheddar Cheese Sauce, Salsa & Fresh Scallions</p>	<p>Entrée One: Whole Grain Breaded Chicken Nuggets with a Garlic Breadstick</p>	<p>Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with an Egg Patty</p>	<p>Entrée One: Whole Grain Breaded Chicken Patty Sandwich with Lettuce and Tomato. Condiments Served on the Side.</p>
<p>Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays</p>	<p>Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays</p>	<p>Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays</p>	<p>Entrée Two: Assorted Parfaits. Options include, Chunkey Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday</p>	<p>Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays</p>
<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>	<p>Entrée Three: Smuckers PB&J Uncrustables Offered Daily</p>
<p>Vegetables of the Day: Baby Carrots or Celery Sticks with Ranch</p>	<p>Vegetables of the Day: Green Beans or Chickpea Salsa</p>	<p>Vegetables of the Day: Corn Salad or Roasted Broccoli</p>	<p>Vegetables of the Day: Grape Tomatoes with Dip or Baked Beans</p>	<p>Vegetables of the Day: Garden Salad or Oven Baked Fries</p>
<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>	<p>Assorted Fruit</p>
<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>	<p>Choice of Chocolate or White Milk</p>

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.