

JANUARY



Wilson School District January High School Lunch Menu

Martin Luther King Jr. Day

Monday January 16	Tuesday January 17	Wednesday January 18	Thursday January 19	Friday January 20	
<p>Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Baby Carrots or Celery Sticks with Ranch</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>Entrée One: Taco Salad: Taco Seasoned Beef Crumbles, Cheddar Cheese Sauce, Diced Tomatoes, Tortilla Chips over Shredded Lettuce</p> <p>Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Red Pepper Strips with Dip or Fiesta Beans</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>Entrée One: Chicken Alfredo Pasta: Chicken Breast Strips with Alfredo Sauce and Whole Grain Pasta</p> <p>Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Garden Salad or Cucumber Slices with Ranch</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>Entrée One: Veggie Burger: Vegetarian Burger served on a Whole Wheat Hamburger Bun with Lettuce & Tomato. Condiments on the Side</p> <p>Entrée Two: Chicken Patty Sandwich on a Whole Wheat Hamburger Bun. Condiments on the Side.</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Steamed Corn or Ranch Chickpeas</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>Entrée One: Whole Grain Breaded Chicken Tenders with a Whole Wheat Dinner Roll</p> <p>Entrée Two: Buffalo Chicken Pizza on Whole Wheat Crust</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Cauliflower and Dip or Oven Baked Fries</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	
	January 23	January 24	January 25	January 26	January 27
	<p>Entrée One: Chicken Fajita Bowl: Taco Seasoned Chicken Strips over Brown Rice with Cheddar Cheese, Avocado & Salsa</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Green Beans or Chickpea Salsa</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>Entrée One: Hamburger on a Whole Wheat Hamburger Bun</p> <p>Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Corn Salad or Roasted Broccoli</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>Entrée One: Brunch for Lunch: Whole Wheat Croissant with Egg, Cheese & Turkey Bacon</p> <p>Entrée Two: Chicken Patty Sandwich on a Whole Wheat Hamburger Bun. Condiments on the Side.</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Grape Tomatoes with Dip or Oven Baked Fries</p> <p>Assorted Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>Entrée One: Toasted Ham and Cheese on a Whole Wheat Hamburger Bun</p> <p>Entrée Two: Buffalo Chicken Pizza on Whole Wheat Crust</p> <p>Entrée Three: Assorted Deli Sandwiches & Assorted Salads</p> <p>Entrée Four: Assorted Parfaits</p> <p>Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter</p> <p>Vegetables of the Day: Garden Salad or Baked Beans</p> <p>Assorted Fruit</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.