

# JANUARY



## Wilson School District January High School Lunch Menu

**New Years Day  
Holiday!  
Happy 2023!**

Monday January 2	Tuesday January 3	Wednesday January 4	Thursday January 5	Friday January 6	
<p>Entrée One: Dominos Pizza Day! Made with a Whole Grain Crust, Pizza Sauce &amp; Cheese Blend</p>	Entrée One: Tacos with Ground Beef, Cheddar, Lettuce & Tomatoes	Entrée One: Thai Noodle Salad: Whole Wheat Noodles with a Thai Sunflower Butter Sauce, Shredded Carrots, Peppers, Chicken Strips and Fresh Scallions	Entrée One: Meatball Sub: Beef Meatballs in Marinara Sauce on a Whole Wheat Sub Roll, Topped with Mozzarella Cheese	Grilled Cheese and Tomato Pepperjack Soup (Tomato Soup with Salsa & Pepperjack Cheese)	
	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: Buffalo Chicken Pizza on Whole Wheat Crust	
	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	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	
	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: Steamed Corn or Ranch Chickpeas	Vegetables of the Day: Cauliflower and Dip or Oven Baked Fries	
	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	
January 9	January 10	January 11	January 12	January 13	
<p>Entrée One: Subway Hoagie Day: Turkey, Ham, Italian or Veggie on a Whole Grain Roll. Served with Lettuce &amp; Tomato on the Side</p>	Entrée One: Buffalo Chicken Dip with Corn Tortilla Chips	Entrée One: Buffalo Chicken Dip with Corn Tortilla Chips	Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with Turkey Sausage	Entrée One: Whole Grain Breaded Sweet & Sour Chicken with Brown Rice	
	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: Buffalo Chicken Pizza on Whole Wheat Crust	
	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	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	
	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 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.**