

JANUARY



Wilson School District January Middle School 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>	Entrée One: Taco Salad: Chicken Strips, Corn Kernels, Black Beans, Romaine Lettuce, Cheddar Cheese & Ranch Dressing over Romaine. Served with Tortilla Chips	Entrée One: Meatball Sub: Beef Meatballs in Marinara Sauce topped with Mozzarella Cheese on a Whole Wheat Sub Roll	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 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)
	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: 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
	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
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
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 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.