

may



Wilson School District May High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
May 8	May 9	May 10	May 11	May 12
Entrée One: Chicken Alfredo Pasta: Chicken Breast Strips with Alfredo Sauce and Whole Grain Pasta	Entrée One: Taco Salad: Taco Seasoned Beef Crumbles, Cheddar Cheese Sauce, Diced Tomatoes, Tortilla Chips over Shredded Lettuce	Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend	Entrée One: Veggie Burger: Vegetarian Burger served on a Whole Wheat Hamburger Bun with Lettuce & Tomato. Condiments on the Side	Entrée One: Whole Grain Breaded Chicken Tenders with a Whole Wheat Dinner Roll
Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll	Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce		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: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads
Entrée Four: Assorted Parfaits	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 Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter
Vegetables of the Day: Garden Salad or Cucumber Slices with Ranch	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	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
May 15	May 16	May 17	May 18	May 19
Entrée One: Hamburger on a Whole Wheat Hamburger Bun	Entrée One: Chicken Fajita Bowl: Taco Seasoned Chicken Strips over Brown Rice with Cheddar Cheese, Avocado & Salsa	Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend	Entrée One: Brunch for Lunch: Whole Wheat Croissant with Egg, Cheese & Turkey Bacon	Entrée One: Toasted Ham and Cheese on a Whole Wheat Hamburger Bun
Entrée Two: Whole Grain Breaded Popcorn Chicken with a Whole Wheat Dinner Roll	Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce		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: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads
Entrée Four: Assorted Parfaits	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 Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled Egg) or Apple & Peanut Butter	Entrée Five: Power Packs: Mediterranean (Hummus, Veggies, Flatbread & a Hardboiled 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 you call as quickly as possible.