



Wilson School District September High School Lunch Menu

| Monday September 4 | Tuesday September 5 | Wednesday September 6 | Thursday September 7 | Friday September 8 | |
|---|---|--|--|--|---|
| <p>Happy Labor Day!</p> | Entrée One: Walking Tacos: Tortilla Chips with Lettuce, Tomato, Cheddar & Taco Seasoned Ground Beef | Big Mac Salad: Baked Hamburgers with Cheese and Turkey Bacon served over Lettuce with Tomato, Onion, Pickle & Condiments on the Side | Entrée One: Orange Chicken over Brown Rice | Entrée One: Whole Grain Breaded Chicken Tenders with a Whole Wheat Dinner Roll | |
| | 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: Chicken or Cheese Quesadillas Served with Salsa | |
| | 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 | |
| | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) | |
| | 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 | |
| September 11 | September 12 | September 13 | September 14 | September 15 | |
| <p>Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend</p> | Subway Sandwich Day! Turkey & Cheese, Ham and Cheese or Veggie | Mac and Cheese with Goldfish | Entrée One: Brunch for Lunch: Whole Wheat Croissant with Egg, Cheese & Turkey Bacon | <p>No School: Teacher Professional Development Day</p> | |
| | 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 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 |
| | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) | | Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg) |
| | Vegetables of the Day: Baby Carrots or Broccoli Florets 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 |
| | 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 |

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.