



## Wilson School District September Middle School Lunch Menu

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| September 4  | September 5  | September 6  | September 7  | September 8  |
| Happy Labor Day!   | Entrée One: Chicken Alfredo made with Whole Wheat Pasta  | Entrée One: Whole Grain Breaded Chicken Tenders with a Dinner Roll   | Entrée One: Turkey Bacon Burger: Beef Burger with Jenni-Os Turkey Bacon, American Cheese, Lettuce & Tomato with Condiments on the Side                                     | Entrée One: Toasted Ham and Cheese on a Pretzel Bun  |
|  | Entrée Two: Assorted Deli Sandwiches & Assorted Salads   | Entrée Two: Assorted Deli Sandwiches & Assorted Salads   | Entrée Two: Assorted Deli Sandwiches & Assorted Salads   | Entrée Two: 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 Strops 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   |
| Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend   | Entrée One: Ravioli with a Dinner Roll   | Subway Sandwich Day! Turkey & Cheese or Ham and Cheese   | Entrée One: "KFC" Chicken Bowl: Popcorn Chicken over Mashed Potatoes with Corn and Gravy   | No School: Teacher Professional Development Day  |
| Entrée Two: Assorted Deli Sandwiches & Assorted Salads   | Entrée Two: Assorted Deli Sandwiches & Assorted Salads   | Entrée Two: Assorted Deli Sandwiches & Assorted Salads   | Entrée Two: 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: 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.