





Wilson School District October Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
October 16	October 17	October 18	October 19	October 20
Entrée One: Individual Pizza with a Whole Wheat Crust	Entrée One: Walking Tacos: Tortilla Chips with Lettuce, Tomato, Cheddar & Taco Seasoned Ground Beef	Entrée One: Baked Ziti made with Whole Wheat Pasta	Entrée One: Beef Burger with Turkey Bacon, Lettuce & Tomato. Condiments Served on the Side.	Entrée One: Whole Wheat Mac and Cheese with Goldfish Crackers
Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays	Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday	Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays	Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday	Entrée Two: Apple and Peanut Butter Power Pack: Apple Slices, Creamy Peanut Butter, Hardboiled Egg, Whole Grain Granola Bar, Graham Crackers & Baby Carrots. Offered Mondays, Wednesdays and Fridays
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
Vegetables of the Day: Baby Carrots or Broccoli Florets with Ranch	Vegetables of the Day: Red Bell Pepper Strips 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	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
October 23	October 24	October 25	October 26	October 27
Individual Pizza with a Whole Wheat Crust	Entrée One: Nachos Grande: Tortilla Chips, Taco Seasoned Ground Beef, Cheddar Cheese Sauce, Salsa & Fresh Scallions	Entrée One: Whole Grain Breaded Chicken Nuggets with a Garlic Breadstick	Entrée One: Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup Dipping Cups, Served with an Egg Patty	Entrée One: Chicken Patty Sandwich on a Hamburger Bun
Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays	Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays	Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays	Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursday	Entrée Two: Bulldog Power Pack: Fresh Baked Soft Pretzel, Cheddar Cheese Stick, Hardboiled Egg, Apple Slices, Carrot Pack & Ranch Dip. Offered Mondays, Wednesdays and Fridays
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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, 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.