



Wilson School District MONTH High School Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
October 16		October 17		October 18		October 19		October 20	
Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Entrée One: Walking Tacos: Tortilla Chips with Lettuce, Tomato, Cheddar & Taco Seasoned Ground Beef		Entrée One: French Toast Sticks with Turkey Sausage		Entrée One: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side		Chicken Pesto Pasta made with Whole Wheat Pasta and Grilled Chicken Strips	
		Entrée Two: Whole Grain Pizza Max Sticks Served with Marinara Dipping Sauce		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: 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		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits	
Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)	
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	
Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		Burrito Bowl with Rice, Fajita Chicken, Shredded Cheese, Avocado, Cilantro & Salsa		Buffalo Chicken Dip with Tortilla Chips		Entrée One: Philly Cheesesteak with Shaved Beef, Onions & American Cheese		Entrée One: Sweet and Sour Chicken over Brown Rice	
		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: 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		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits	
Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		Mediterranean Powder Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)	
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.