



Wilson School District November High School Lunch Menu

Monday October 30		Tuesday October 31	Wednesday November 1	Thursday November 2	Friday November 3		
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	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 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		
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)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)		
Vegetables of the Day: Baby Carrots or Celery Sticks with Ranch		Vegetables of the Day: Red Pepper Streps 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	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		
November 6		November 7	November 8	November 9	November 10		
Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend		<p>No School: Teacher Professional Development Day</p>			Entrée One: Toasted Ham and Cheese on a Pretzel Bun		
Entrée Three: Assorted Deli Sandwiches & Assorted Salads					Mac and Cheese with Goldfish	Entrée One: Brunch for Lunch: Whole Wheat Croissant with Egg, Cheese & Turkey Bacon	Entrée Two: Chicken or Cheese Quesadillas Served with Salsa
Entrée Four: Assorted Parfaits					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
Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardoiled Egg)					Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Three: Assorted Deli Sandwiches & Assorted Salads	Entrée Four: Assorted Parfaits
Vegetables of the Day: Baby Carrots or Broccoli Florets with Ranch					Entrée Four: Assorted Parfaits	Entrée Four: Assorted Parfaits	Entrée Four: Assorted Parfaits
Assorted Fruit					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)
Choice of Chocolate or White Milk					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			
		Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk			

This institution is an equal opportunity employer and provider. 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.