



Wilson School District November Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
November 13	November 14	November 15	November 16	November 17
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

November 20	November 21	November 22	November 23	November 24
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Cold Grab-and-Go Lunch Options Available in the Cafeteria Prior to Dismissal. Please Contact Your Cafeteria Manager for a Full Menu

Vegetables of the Day: Baby Carrots or Celery Sticks with Ranch	Vegetables of the Day: Green Beans or Chickpea Salsa
Assorted Fruit	Assorted Fruit
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.