



**Wilson School District
January Elementary Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
January 1	January 2	January 3	January 4	January 5
		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 Three: Smucker's PB&J Uncrustables Offered Daily	Entrée Three: Smucker's PB&J Uncrustables Offered Daily	Entrée Three: Smucker's PB&J Uncrustables Offered Daily
		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
		Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk
January 8	January 9	January 10	January 11	January 12
Individual Pizza with a Whole Wheat Crust	Entrée One: Grilled Cheese Sandwich on Whole Wheat Bread	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

This institution is an equal opportunity employer and provider. Menu subject to change without notice.