



## Wilson School District January High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
January 15	January 16	January 17	January 18	January 19
	Entrée One: Walking Tacos: Tortilla Chips with Lettuce, Tomato, Cheddar & Taco Seasoned Ground Beef	Taco Salad: Lettuce topped with Corn, Black Beans, Salsa, Avocado, Fajita Chicken, Cheese Sauce and Tortilla Chips	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: Hamburger on a Whole Wheat Bun. Condiments on the side.
	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
	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)
	Vegetables of the Day: Red Pepper Strips 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
Enjoy your day off!!	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
January 22	January 23	January 24	January 25	January 26
Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend	Subway Sandwich Day! Turkey & Cheese, Ham and Cheese or Veggie	Mac and Cheese with Goldfish	Entrée One: Chicken Alfredo with Whole Wheat Pasta	Entrée One: Toasted Ham and Cheese on a Pretzel Bun
	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: Hamburger on a Whole Wheat Bun. Condiments on the side.
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 Hardboiled Egg)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)	Mediterranean Power Pack (Hummus, Veggies, Flatbread & a Hardboiled Egg)
Vegetables of the Day: Baby Carrots or Broccoli Florets 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. Menus subject to change without notice.**