



## Wilson School District January Middle School 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: Hamburger on a Whole Wheat Bun, Served with Condiments on the Side	Entrée One: Whole Wheat Mac and Cheese
		Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads	Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads	Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads
		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
		Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)
		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
Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend	Entrée One: Grilled Cheese Sandwich on Whole Wheat Bread	Whole Grain Breaded Chicken Nuggets with a Whole Wheat 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 Options: Assorted Deli Sandwiches & Assorted Salads	Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads	Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads	Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads	Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads
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	Entrée Three: Smucker's PB&J Uncrustables Offered Daily	Entrée Three: Smucker's PB&J Uncrustables Offered Daily
Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)	Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)
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.**