



Wilson School District January Middle School Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| January 15 | January 16 | January 17 | January 18 | January 19 |
| | <p>Entrée One: Nachos Grande: Tortilla Chips, Taco Seasoned Ground Beef, Cheddar Cheese Sauce, Salsa & Fresh Scallions</p> | <p>Entrée One: Whole Grain Breaded Chicken Tenders with a Dinner Roll</p> | <p>Entrée One: Turkey Bacon Burger: Beef Burger with Jenni-O's Turkey Bacon, American Cheese, Lettuce & Tomato with Condiments on the Side</p> | <p>Entrée One: Toasted Ham and Cheese on a Pretzel Bun</p> |
| | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> |
| | <p>Entrée Three: Smucker's PB&J Uncrustables Offered Daily</p> | <p>Entrée Three: Smucker's PB&J Uncrustables Offered Daily</p> | <p>Entrée Three: Smucker's PB&J Uncrustables Offered Daily</p> | <p>Entrée Three: Smucker's PB&J Uncrustables Offered Daily</p> |
| | <p>Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)</p> | <p>Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)</p> | <p>Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)</p> | <p>Entrée Four: Assorted Parfaits: Options Include Chunky Monkey (Banana, Peanut Butter, Vanilla Yogurt & Granola) and Strawberry (Strawberry Yogurt, Strawberries & Granola)</p> |
| | <p>Vegetables of the Day: Red Pepper Strips with Dip or Fiesta Beans</p> | <p>Vegetables of the Day: Garden Salad or Cucumber Slices with Ranch</p> | <p>Vegetables of the Day: Southwestern Steamed Corn or Ranch Chickpeas</p> | <p>Vegetables of the Day: Cauliflower and Dip or Oven Baked Fries</p> |
| <p>Enjoy your day off!</p> | <p>Assorted Fruit</p> | <p>Assorted Fruit</p> | <p>Assorted Fruit</p> | <p>Assorted Fruit</p> |
| | <p>Choice of Chocolate or White Milk</p> | <p>Choice of Chocolate or White Milk</p> | <p>Choice of Chocolate or White Milk</p> | <p>Choice of Chocolate or White Milk</p> |
| January 22 | January 23 | January 24 | January 25 | January 26 |
| <p>Entrée One: Fresh Baked Pizza Day! Made with a Whole Grain Crust, Pizza Sauce & Cheese Blend</p> | <p>Entrée One: Ravioli with a Dinner Roll</p> | <p>Subway Sandwich Day! Turkey & Cheese or Ham and Cheese</p> | <p>Entrée One: Pancakes w/ Sausage: Whole Grain Pancakes served with Sausage</p> | <p>Entrée One: Beef Hot Dog on a Whole Wheat Bun</p> |
| <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> | <p>Entrée Two: Assorted Deli Sandwiches & Assorted Salads</p> |
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| <p>Vegetables of the Day: Baby Carrots or Celery Sticks with Ranch</p> | <p>Vegetables of the Day: Green Beans or Chickpea Salsa</p> | <p>Vegetables of the Day: Corn Salad or Roasted Broccoli</p> | <p>Vegetables of the Day: Grape Tomatoes with Dip or Oven Bakes Fries</p> | <p>Vegetables of the Day: Garden Salad or Baked Beans</p> |
| <p>Assorted Fruit</p> | <p>Assorted Fruit</p> | <p>Assorted Fruit</p> | <p>Assorted Fruit</p> | <p>Assorted Fruit</p> |
| <p>Choice of Chocolate or White Milk</p> | <p>Choice of Chocolate or White Milk</p> | <p>Choice of Chocolate or White Milk</p> | <p>Choice of Chocolate or White Milk</p> | <p>Choice of Chocolate or White Milk</p> |

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