

**DID YOU KNOW::**

Asparagus cultivation began over 2,500 years ago by the ancient Greeks and Romans. Asparagus requires about three years to produce spears.



## Wilson School District May Middle School Lunch Menu

| Monday   |  | Tuesday  |  | Wednesday  |  | Thursday   |  | Friday   |  |
|--|--|--|--|--|--|--|--|--|--|
| April 29   |  | April 30   |  | May 1  |  | May 2  |  | May 3  |  |
| Entrée One: WG Bosco Cheese Sticks w/ Marinara Sauce   |  | Entrée One: Cheeseburger on WG Roll  |  | Entrée One: Fajita Chicken Bowl w/ Brown Rice, Cheddar Cheese, Black Beans & Salsa   |  | Entrée One: Italian Hoagie w/ Lettuce & Tomato   |  | Entrée One: Cheesy Meatball Sub with Marinara Sauce  |  |
| 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 Broccoli Florets with Ranch   |  | Vegetables of the Day: Red Bell Pepper Strips or Baked Tater Tots  |  | Vegetables of the Day: Southwestern Corn or Cucumber Slices w/ Ranch Dip   |  | Vegetables of the Day: WG Sun Chips, Baby Carrots or Italian Bean Salad  |  | Vegetables of the Day: Baked French Fries or Cauliflower with Ranch Dip  |  |
| 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  |  |
| May 6  |  | May 7  |  | May 8  |  | May 9  |  | May 10   |  |
| Entrée One: Individual Pizza with a Whole Wheat Crust  |  | Entrée One: WG Chicken Tenders w/ WG Muffin  |  | Entrée One: WG Cheese Quesadilla w/ Marinara Sauce   |  | Entrée One: Taco Seasoned Chicken with Shredded Mozzarella and WG Tostitos   |  | Entrée One: WG Corn Dog Nuggets  |  |
| 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: Steamy Green Beans or Cucumber Slices w/ Dip  |  | Vegetables of the Day: Garden Salad or Roasted Broccoli  |  | Vegetables of the Day: Southwestern Corn or Grape Tomatoes with Ranch Dip  |  | Vegetables of the Day: Baked French Fries or BBQ 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.**