



Wilson School District October High School Lunch Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
October 7		October 8		October 9		October 10		October 11	
Entrée One: Pizza Day! Fresh Baked Pizza w/ Whole Grain Crust, Pizza Sauce, and Shredded Cheese	Entrée One: Seasoned Beef Nachos w/ Cheese Sauce over WG Tortilla Chips & Salsa		Entrée One: Subway Sandwich Day! Options include Turkey and Cheese and Ham and Cheese		Entrée One: Swedish Meatballs over Egg Noodles in a Brown Gravy with Sour Cream		Entrée One: Ham and Cheese on a Whole Wheat Pretzel Bun		
	Entrée Two: Max Sticks with Marinara Dipping Sauce				Entrée Two: Regular or Spicy Chicken Patty Sandwich on a Whole Wheat Hamburg Bun		Entrée Two: Walking Tacos with Cheese, Lettuce & Tomato		
Entrée Two: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Two: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches	
Entrée Three: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Three: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits	
Entrée Four: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		Entrée Four: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads	
Vegetable Choices: Steamy Broccoli and Fresh Baby Carrots		Vegetable Choices: Steamy Corn and Fiesta Black Beans		Vegetable Choices: Leafy Green Side Salad and Steamy Peas		Vegetable Choices: Steamy Broccoli and Fresh Red Pepper Strips		Vegetable Choices: Steamed Corn and Raw Bell Pepper Strips with Dip	
Assorted Fruit & Chilled Applesauce		Assorted Fruit & Chilled Peach Cup		Assorted Fruit & Chilled Pears		Assorted Fruit & Strawberry Cup		Assorted Fruit & Apple Snack Pack	
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	
October 14		October 15		October 16		October 17		October 18	
No School - Enjoy the Day!		Entrée One: Chicken and Vegetable Dumplings w/ Fried Rice & a Fortune Cookie		Entrée One: Baked Quesadillas		Entrée One: Chicken Alfredo over Pasta		Entrée One: Bacon Cheeseburger	
		Entrée Two: Max Sticks with Marinara Dipping Sauce		Entrée Two: Popcorn Chicken with a Dinner Roll		Entrée Two: Regular or Spicy Chicken Patty Sandwich on a Whole Wheat Hamburg Bun		Entrée Two: Walking Tacos with Cheese, Lettuce & Tomato	
		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches	
		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits	
		Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads	
		Vegetable Choices: Steamy Mixed Vegetables and Celery Sticks		Vegetable Choices: Leafy Green Side Salad and Steamy Corn		Vegetable Choices: Steamy Broccoli and Steamy Mixed Vegetables		Vegetable Choices: Oven Baked French Fries and BBQ Baked Beans	
		Assorted Fruit & Chilled Peach Cup		Assorted Fruit & Chilled Pears		Assorted Fruit & Strawberry Cup		Assorted Fruit & Apple Snack Pack	
		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 options are subject to change.
Please call 610.670.0180 X1147 with any questions and speak with the Director of Food Services, Sarah Ginn.