



Wilson School District October Middle School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
October 7	October 8	October 9	October 10	October 11
Entrée One: Chicken Tenders w/ WG Corn Muffin	Entrée One: Seasoned Beef Nachos w/ Cheese over WG tortilla chips w/ Salsa	Entrée One: Cheese Pizza	Entrée One: Popcorn Chicken w/ Breadstick	Entrée One: Subway Sandwich Day! Options include Turkey and Cheese and Ham 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 Two Options: Assorted Deli Sandwiches & Assorted Salads	Entrée Two Options: Assorted Deli Sandwiches & Assorted Salads
Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers 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)
Vegetable Choices: Baked Sweet Potato Fries and Steamy Broccoli	Vegetable Choices: Steamy Corn and Fiesta Black Beans	Vegetable Choices: Leafy Green Side Salad and Baby Carrots w/ Dip	Vegetable Choices: Fresh Cucumber Slices w/ Dip and Steamy Green Beans	Vegetable Choices: Steamed Corn and Raw Bell Pepper Strips with Dip
Chilled Applesauce Cup and Assorted Fresh Fruit	Chilled Peach Cup and Assorted Fresh Fruit	Chilled Pears and Assorted Fresh Fruit	Chilled Strawberry Cup and Assorted Fresh Fruit	Chilled, Fresh Apple Slices and Assorted Fresh 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
October 14	October 15	October 16	October 17	October 18
No School - Enjoy the Day!	Entrée One: French Toast Sticks with Turkey Sausage	Entrée One: Bosco Cheese Sticks w/ Marinara Sauce	Entrée One: Mac and Cheese and Goldfish	Entrée One: Cheeseburger on a Whole Wheat 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 Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers 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)
	Vegetable Choices: Steamy Mixed Vegetables and Celery Sticks w/ Dip	Vegetable Choices: Leafy Green Side Salad and Steamy Peas	Vegetable Choices: Steamy Corn and Red Pepper Strips w/ Dip	Vegetable Choices: Oven Baked French Fries and Honey Baked Beans
	Chilled Peach Cup and Assorted Fresh Fruit	Chilled Pears and Assorted Fresh Fruit	Chilled Strawberry Cup and Assorted Fresh Fruit	Chilled, Fresh Apple Slices and Assorted Fresh 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

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.