



Wilson School District September Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
September 9	September 10	September 11	September 12	September 13
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	No School - Enjoy the Weekend!
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: 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	
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	
Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	
September 16	September 17	September 18	September 19	September 20
Entrée One: Chicken & Vegetable Dumplings	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 Two Options: Assorted Deli Sandwiches & Assorted Salads
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Vegetable Choices: Steamy Broccoli and Baby Carrots	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 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

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.