



Wilson School District January High School Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
January 20		January 21		January 22		January 23		January 24	
Martin Luther King Day	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		Entree One: Teriyaki Chicken with Fried Rice		Entree one: Double Dog Day - Two Beef Hotdogs with a Whole Wheat 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 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 Four: Assorted Parfaits			Entrée Three: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits	
	Entrée Five: Assorted Entrée Salads			Entrée Four: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads	
	Vegetables Choices: Steamy Corn and Fiesta Black Beans			Vegetable Choices: Leafy Green Side Salad and Oven Baked Fries		Vegetable Choices: Fresh Red Pepper Strips or Green Beans		Vegetable Choices: BBQ Baked Beans and Celery Sticks with Ranch	
	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	
January 27		January 28		January 29		January 30		January 31	
Entrée One: Pizza Day! Fresh Baked Pizza w/ Whole Grain Crust, Pizza Sauce, and Shredded Cheese	Entrée One: Chicken and Vegetable Dumplings w/ Fried Rice & a Fortune Cookie		Entrée One: Chili with Cornbread		Entrée One: Mac and Cheese with Goldfish		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 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: Smuckers PB&J Uncrustable & Assorted Sandwiches		Entrée Three: Smuckers PB&J Uncrustable & Assorted Sandwiches		
Entrée Three: Assorted Parfaits	Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		Entrée Four: Assorted Parfaits		
Entrée Four: Assorted Entrée Salads	Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		Entrée Five: Assorted Entrée Salads		
Vegetable Choices: Baby Carrots with Ranch and Steamy Peas	Vegetable Choices: Oven Baked Smile Fries and Ranchero Pinto Beans		Vegetable Choices: Leafy Green Side Salad and Raw Cauliflower with Ranch		Vegetable Choices: Steamed Mixed Vegetables and Celery Sticks with Ranch		Vegetable Choices: Steamy Broccoli and Cherry Tomatoes		
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		

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.