




Wilson Area High School
January...2012
www.wilsonareasd.org



This Month's Food Focus is Brown Rice 	3 Popcorn Chicken Wheat Bread Seasoned Carrots Applesauce Milk Choice	4 Hot Dog with Toppings Baked Beans Peaches Milk Choice	5 Chicken Parmesan on a Bun Seasoned Broccoli Pineapples Milk Choice	6 Meatballs over Pasta Whole wheat Bread Tossed Salad Fruit Cocktail Milk Choice
9 Pizza Dunkers w/ Cheese Tomato dipping sauce Seasoned Carrots Oranges Milk Choice	10 Baked Chicken Nuggets Whole Grain Rice Seasoned Broccoli Pineapples Milk Choice	11 Tossed Cheese Cup of Tomato Soup Spinach Apples Milk Choice	12 Nacho Taco's w/ Lettuce & Salsa Seasoned Green Beans Peaches Milk Choice	13 Pasta w/Italian Meat sauce Three Bean Salad Pears Milk Choice
16 Closed	17 Hot Ham & Cheese on a Bagel Tossed Salad Oranges Milk Choice	18 Hot Dog with Bag of Chips Baby Carrots Applesauce Milk Choice	19 Nacho's with Chili And Cheese Seasoned Green Beans Pineapples Milk Choice	20 Macaroni & Cheese Whole wheat Bread Three Bean Salad Fruit Cocktail Milk Choice
23 Pizza Dunkers w/ Cheese Tomato dipping sauce Seasoned Carrots Applesauce Milk Choice	24 Baked Chicken Nuggets Whole Grain Rice Seasoned Corn Peaches Milk Choice	25 Chicken Broccoli Alfredo Tossed Salad Oranges, Milk Choice Mini Rice Krispie Treat	26 Soft Shell Taco w/ Lettuce & Salsa Seasoned Broccoli Pineapples Milk Choice	27 Salisbury Steak Whole wheat Bread Three Bean Salad Pears Milk Choice
30 Pizza Sticks Tomato dipping sauce Tossed Salad Peaches Milk Choice	31 Popcorn Chicken Whole Grain Rice Baby Carrots Pears Milk Choice			



Alacart Entrée Specials: \$2.20



Monday- BAJA FLATS (Cheese Steaks)
 Tuesday- Buffalo Chicken Nuggets
 Wednesday- 2 for 2 Toasted Cheese
 Thursday- BAJA FLATS
 Friday- Italian Stromboli



Offered with choice of 2 F/V components & Lowfat Milk

Available Daily: Garden Salad w/ Cheese

Specialty Salads

Monday- Popcorn Chicken Salad
 Tuesday- Deli Chef Salad
 Wednesday- Cobb Salad
 Thursday- Sicilian Pasta Salad
 Friday- Taco or Tuna Salad



Mondays- Cheese Steaks
 Wednesday - Week 1 Flat Iron "Flat Breads"
 Wednesday - Week 2 Deli Bar
 Wednesday - Week 3 Up on the Boardwalk
 Wednesday - Week 4 "Rice Bowls"

See Cafeteria daily for extra entrée's and specials
 Milk choices include 1% white, Nonfat white, Nonfat chocolate, and Nonfat strawberry

Wheat Bread and Wheat buns available daily



Offered with choice of 2 F/V components & Lowfat Milk

Available Daily: Cheese Pizza

Specialty Pizza

Monday- Pepperoni
 Tuesday- Roasted Garlic White Pizza
 Wednesday- Sausage
 Thursday- German Pizza
 Friday- Meat Lover's Pizza

THE FRESH GRILLE

Offered with choice of 2 F/V components & Lowfat Milk

Available Daily:

Hamburger, Cheeseburger and Chicken Sandwich

Monday- Grilled Chicken on Wheat
 Tuesday- Buffalo Chicken Wrap
 Wednesday- Chicken Cordon Bleu Wrap
 Thursday- Grilled Chicken on Wheat
 Friday- BBQ Chicken Wrap



Offered with choice of 2 F/V components & Lowfat Milk

Available Daily: American Hoagie

Monday- Little Italy Wrap
 Tuesday- Roasted Vegetable Wrap
 Wednesday- Italian Chicken Wrap
 Thursday- Santa Fe Wrap
 Friday- Tuna Salad Wrap

Student Lunch \$2.20
 Menu Subject to Change



January - Brown Rice

In some parts of the world, the word "to eat" literally means "to eat rice."

Eat whole grain brown rice for a good source of fiber and B vitamins and lots of complex carbohydrates you need for sustainable energy.

Wilson Area School District High School Lunch Menu

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