



Wilson Area High School
August/September 2010
www.wilsonareasd.org



8/30 Pizza Dunkers w/ Cheese Tomato dipping sauce Seasoned Corn Apple Lowfat Milk Choice	8/31 Popcorn Chicken Dinner Roll Tossed Salad Applesauce Lowfat Milk Choice	1 Macaroni and Cheese Dinner Roll Tossed Salad Peach Lowfat Milk Choice	2 Chicken Cordon Bleu on a Roll Seasoned Carrots Orange Lowfat Milk Choice	3 School Closed September is PEACH Month
6 Labor Day	7 Baked Chicken Nuggets Dinner Roll Mixed Vegetables Pineapples Lowfat Milk Choice	8 Pizza Dunkers w/ Tomato dipping sauce Seasoned Corn Apple Lowfat Milk Choice	9 Soft Shell Taco Wrap Lettuce & Salsa Seasoned Carrots Peach Lowfat Milk Choice	10 Pasta w/Italian Meat sauce Tossed Salad Pineapples Lowfat Milk Choice
13 Chicken Penne Fajita Dinner Roll Fresh Broccoli Peach Lowfat Milk Choice	14 Baked Chicken Strips Dinner Roll Tossed Salad Apple Lowfat Milk Choice	15 Hot Dog w/ Toppings Potato Chips Baby Carrots Juice Lowfat Milk Choice	16 Nacho's with Cheese and Chili Seasoned Green Beans Applesauce Lowfat Milk Choice	17 Hot Ham & Cheese on a Bagel Tossed Salad Fruit Cocktail Lowfat Milk Choice
20 Pizza Dunkers w/ Cheese Tomato dipping sauce Tossed Salad Apple Lowfat Milk Choice	21 Baked Popcorn Chicken Dinner Roll Seasoned Corn Peaches Lowfat Milk Choice	22 Chicken Parmesan on a Roll Seasoned Carrots Orange Smiles Lowfat Milk Choice	23 Soft Shell Taco Wrap Lettuce & Salsa Seasoned Broccoli Pineapples Lowfat Milk Choice	24 Meatballs over Pasta w/ Dinner roll Tossed Salad Pears Lowfat Milk Choice
27 French Toast Sticks with Sausage Potato Patty Juice Lowfat Milk Choice	28 Baked Chicken Nuggets Whole Grain Brown Rice Fresh Carrots Pears Lowfat Milk Choice	29 Hot Ham & Cheese on a Bagel Baby Carrots Fruit Cocktail Lowfat Milk Choice	30 Nacho Tacos Lettuce & Salsa Seasoned Peas Banana Lowfat Milk Choice	



Alacart Entrée Specials: \$2.20



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



See Cafeteria daily for extra entrée's and specials



Offered with choice of 2 F/V components & Lowfat Milk
Available Daily: Garden Salad w/ Cheese

Specialty Salads

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



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



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

Available Daily:

Hamburger, Cheeseburger and Chicken Sandwich

Daily BALANCED CHOICE™ SPECIALS

- Monday- Chicken Parmesan Wrap
- Tuesday- Buffalo Chicken Wrap
- Wednesday- Chicken Ranch Wrap
- Thursday- Chicken Fajita Wrap
- Friday- BBQ Chicken Wrap



BALANCED CHOICE SPECIALS are Available
with Seasoned Corn, Fresh Fruit and 1% Milk



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

Available Daily: American Hoagie



- 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 Big Smash Burgers

Student Lunch \$2.20
Menu Subject to Change



Eat peaches for energy! Besides being a good source of vitamins A and C, this super sweet fruit fuels your body with potassium, fiber, and some energy releasing B vitamins.

Try Peaches:

On top of your breakfast cereal

Stewed with a little brown sugar and cinnamon

- a great topping for pancakes, waffles, and French toast

As a sweet satisfying snack

In a fruit crisp or cobbler

Peaches can be combined with savory ingredients like onions, jalapeno peppers, garlic, and ginger to make peach chutney
- a flavorful condiment for roasted meats.



Chartwells signature **Balanced Choice Meal** guidance system sets nutritional parameters for school menus. **Balanced Choice** meals supply sufficient nutrients students need to grow and learn (calories, protein, key vitamins and minerals and fiber) while being lower in fat, saturated fat, cholesterol and sodium.

Wilson Area School District High School



Lunch Menu

August/September 2010

www.wilsonareasd.org

PRO
files
LES
in good taste

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