

# Wilson Primary

# MENUS

## September

## 2024



**Questions or Comments?**  
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**Did you know?**  
 Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!

This institution is an equal opportunity provider



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <b>2</b><br>  | <b>3</b><br>   | <b>4</b><br><u><b>Breakfast</b></u><br>Chocolate Bread Slice<br><u><b>Lunch</b></u><br>Chicken Nuggets<br>White Mac & Cheese<br>Sunbutter & Jelly<br>Steamed Corn          | <b>5</b><br><u><b>Breakfast</b></u><br>Mini Sausage Wraps<br><u><b>Lunch</b></u><br>Ham & Cheese Sandwich<br>Baby Carrots<br>Apple   | <b>6</b><br><u><b>Breakfast</b></u><br>Strawberry PopTart<br><u><b>Lunch</b></u><br>Sunbutter & Jelly Sandwich<br>Celery<br>Applesauce                                     |
| <b>9</b><br><u><b>Breakfast</b></u><br>Trix French Toast<br><u><b>Lunch</b></u><br>Orange Chicken w/ Rice<br>Japanese Noddle Bowl<br>Turkey & Cheese Sub<br>Peppered Broccoli         | <b>10</b><br><u><b>Breakfast</b></u><br>Bean & Cheese Burrito<br><u><b>Lunch</b></u><br>Mini Cheese Quesadillas<br>Chicken Chilaquiles<br>Sunbutter & Jelly Sandwich<br>Charro Beans | <b>11</b><br><u><b>Breakfast</b></u><br>Powdered Sugar Donut<br><u><b>Lunch</b></u><br>Sloppy Joes<br>Mini Corn Dogs<br>Ham & Cheese Wrap<br>Steamed Corn                  | <b>12</b><br><u><b>Breakfast</b></u><br>Parfait<br><u><b>Lunch</b></u><br>Spaghetti & Meatballs<br>Popcorn Chicken w/ Onion Rings<br>Popcorn Chicken Wrap<br>Spiced Green Beans        | <b>13</b><br><u><b>Breakfast</b></u><br>Mango Strawberry Smoothie<br><u><b>Lunch</b></u><br>Cheese Pizza<br>Sausage Pizza<br>Ham & Cheese Sandwich<br>Italian Veggie Blend |
| <b>16</b><br><u><b>Breakfast</b></u><br>French Toast Sticks<br><u><b>Lunch</b></u><br>Beef & Broccoli w/ Rice<br>Chicken Patty Sandwich<br>Ham & Cheese Sub<br>Peppered Broccoli      | <b>17</b><br><u><b>Breakfast</b></u><br>Cheese Omelet w/ Biscuit<br><u><b>Lunch</b></u><br>Bean & Cheese Burrito<br>Barbacoa Nachos<br>Turkey & Cheese Sub<br>Mexican Pinto Beans    | <b>18</b><br><u><b>Breakfast</b></u><br>Eggoji Waffles<br><u><b>Lunch</b></u><br>Grilled Cheeseburger<br>Chicken Tenders w/ Macaroni<br>Crinkle Carrots                    | <b>19</b><br><u><b>Breakfast</b></u><br>Strawberry Bagels<br><u><b>Lunch</b></u><br>Cinnamon Roll w/ Sausage<br>Pancakes w/ Sausage<br>Sunbutter & Jelly Sandwich<br>Crispy Tater Tots | <b>20</b><br><u><b>Breakfast</b></u><br>Very Berry Smoothie<br><u><b>Lunch</b></u><br>Pepperoni Pizza<br>Cheese Pizza<br>Turkey & Cheese Wrap<br>Peppered Broccoli         |
| <b>23</b><br><u><b>Breakfast</b></u><br>Blueberry Muffin<br><u><b>Lunch</b></u><br>Sweet & Sour Chicken w/ Rice<br>Chicken Corn Dog<br>Turkey & Cheese Sandwich<br>Spiced Green Beans | <b>24</b><br><u><b>Breakfast</b></u><br>Pancake on a Stick<br><u><b>Lunch</b></u><br>Verde Enchiladas<br>Chicken Nuggets<br>Ham & Cheese Sub<br>Mexican Pinto Beans                  | <b>25</b><br><u><b>Breakfast</b></u><br>Maple Mini Waffles<br><u><b>Lunch</b></u><br>Chili Dog<br>Cheesy Chicken Patty Sandwich<br>Ham & Cheese Wrap<br>Sweet Potato Fries | <b>26</b><br><u><b>Breakfast</b></u><br>Chocolate French Toast<br><u><b>Lunch</b></u><br>Creamy Garlic Penne<br>Cheese Breadsticks<br>Sunbutter & Jelly<br>Italian Veggie Blend        | <b>27</b><br><u><b>Breakfast</b></u><br>Pineapple Mango Smoothie<br><u><b>Lunch</b></u><br>Hawaiian Pizza<br>Cheese Pizza<br>Turkey & Cheese Wrap<br>Steamed Corn          |
| <b>30</b><br><u><b>Breakfast</b></u><br>Trix French Toast<br><u><b>Lunch</b></u><br>Orange Chicken w/ Rice<br>Chicken Tenders w/ Onion Rings<br>Ham & Cheese Sandwich<br>Green peas   |  |  |  | Assorted Cereals served at breakfast.<br>Menu is subject to change.  |

**Breakfast and Lunch Free to Students – Adult Breakfast \$2.75 Adult Lunch \$4.65**