

Wilson Primary

MENUS

September

2024

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!



Questions or Comments?
 General Manger: Candice Whitbeck
 Phone: 602-681-2200
 Email: cwhitbeck@wsd7.org

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 	4 <u>Breakfast</u> Chocolate Chip Muffin 100% Fruit Punch 1% Milk <u>Lunch</u> Chicken Nuggets Fresh Broccoli Orange 1% Milk Ketchup	5 <u>Breakfast</u> Pancake On a Stick Raisins 1% Milk <u>Lunch</u> Ham & Cheese Sandwich Baby Carrots Apple	6 <u>Breakfast</u> Cinnamon Toast Crunch Sliced Apples 1% Milk <u>Lunch</u> Sunbutter & Jelly Sandwich Celery Applesauce
9 <u>Breakfast</u> Trix French Toast Apple 1% Milk <u>Lunch</u> Orange Chicken Cinnamon Applesauce Peppered Broccoli 1% Milk	10 <u>Breakfast</u> Bean & Cheese Burrito Orange Slices 1% Milk <u>Lunch</u> Sunbutter & Jelly Sandwich Cucumber Diced Peaches 1% Milk	11 <u>Breakfast</u> Banana Muffin Apple 1% Milk <u>Lunch</u> Mini Corn Dogs Mandarin Oranges Steamed Corn 1% Milk Ketchup	12 <u>Breakfast</u> Vanilla yogurt Cup Orange Slices 1% Milk <u>Lunch</u> Chicken Nuggets Spiced Green Beans Orange Slices 1% Milk	13 <u>Breakfast</u> Cinnamon Toast Crunch Apple 1% Milk <u>Lunch</u> Cheese Pizza Sausage Pizza Cinnamon Apples Italian Veggie Blend
16 <u>Breakfast</u> French Toast Sticks Raisins 1% Milk <u>Lunch</u> Chicken Patty Sandwich Apple Slices Peppered Broccoli 1% Milk Ketchup	17 <u>Breakfast</u> Cinnamon Toast Crunch 100% Apple Juice 1% Milk <u>Lunch</u> Bean & Cheese Burrito Pinto Beans Unsweetened Applesauce 1% Milk	18 <u>Breakfast</u> Maple Mini Waffles Strawberry Craisins 1% Milk <u>Lunch</u> Grilled Cheeseburger Pineapple Tidbits Steamed Crinkle Carrots 1% Milk Ketchup	19 <u>Breakfast</u> Strawberry Bagels Mandarin Oranges 1% Milk <u>Lunch</u> Pancakes w/ Sausage Cinnamon Apples Steamed Corn 1% Milk	20 <u>Breakfast</u> Blueberry Muffin Apple 1% Milk <u>Lunch</u> Cheese Pizza Diced Pears Peppered Broccoli 1% Milk
23 <u>Breakfast</u> Blueberry Muffin 100% Fruit Punch 1% Milk <u>Lunch</u> Popcorn Chicken Pineapple Spiced Green Beans 1% Milk	24 <u>Breakfast</u> Pancake on a Stick Strawberry Craisins 1% Milk <u>Lunch</u> Cheese Quesadilla Orange Slices Mexican Pinto Beans 1% Milk	25 <u>Breakfast</u> Maple Mini Waffles Applesauce Cup 1% Milk <u>Lunch</u> Chicken Patty Sandwich Diced Peaches Sweet Potato Fries 1% Milk Ketchup	26 <u>Breakfast</u> Chocolate French Toast Mixed Fruit 1% Milk <u>Lunch</u> Cheese Breadsticks Mandarin Oranges Italian Veggie Blend 1% Milk	27 <u>Breakfast</u> Cinnamon Toast Crunch Apple 1% Milk <u>Lunch</u> Cheese Pizza Steamed Corn Cinnamon Apples 1% Milk
30 <u>Breakfast</u> Trix French Toast Raisins 1% Milk <u>Lunch</u> Chicken Tenders Pineapple Tidbits Green peas 1% Milk				Assorted Cereals served at breakfast. Menu is subject to change.

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