

-Meals are Free to anyone 18 or under
-All meals must be eaten on site

General Johnnie Wilson Middle
School October Dinner Menu
Served Monday-Thursday 3:45pm-
5:15pm on school days

Menu is subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

-Remember you must take a fruit, vegetable,
or juice to complete your meal
-All bread/grains items are 50% whole grain!
-Fat-Free Chocolate and Low-Fat White Milk
available daily

1
Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

2
**NO
Service**

5
Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

6
Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

7
Entrée: Chicken Drumstick
w/Roll (2.5oz equiv. MMA & 2oz
Equiv. of grain)
Fruit: Orange or Juice (1/2 cup
equiv.)
Vegetable: Mashed Potatoes
with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

8
Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

9
NO SCHOOL

12
Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

13
Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

14
Entrée: Chicken Drumstick
w/Roll (2.5oz equiv. MMA & 2oz
Equiv. of grain)
Fruit: Orange or Juice (1/2 cup
equiv.)
Vegetable: Mashed Potatoes
with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

15
Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

16
**NO
Service**

19
Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

20
Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

21
Entrée: Chicken Drumstick
w/Roll (2.5oz equiv. MMA & 2oz
Equiv. of grain)
Fruit: Orange or Juice (1/2 cup
equiv.)
Vegetable: Mashed Potatoes
with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

22
Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

23
NO SCHOOL

26
Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

27
Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

28
Entrée: Chicken Drumstick
w/Roll (2.5oz equiv. MMA & 2oz
Equiv. of grain)
Fruit: Orange or Juice (1/2 cup
equiv.)
Vegetable: Mashed Potatoes
with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

29
Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

30
**NO
Service**