



Wilson School District Elementary Lunch Menu - Week of February 26

Monday	Tuesday	Wednesday	Thursday	Friday
February 26	February 27	February 28	February 29	
Entrée One: Individual Pizza on Whole Wheat Crust	Entrée One: Baked Ziti Made with Whole Wheat Pasta	Entrée One: Whole Grain Breaded Chicken Tenders with Goldfish	Entrée One: Toasted Ham and Cheese on a Pretzel Bun	Enjoy your day off!!
Entrée Two: Chef Salad - Sliced Ham & Cheese over Lettuce with Assorted Veggies	Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays	Entrée Two: Chef Salad - Sliced Ham & Cheese over Lettuce with Assorted Veggies	Entrée Two: Assorted Parfaits. Options include, Chunky Monkey and Strawberry. All made with whole grain granola and low-fat yogurt. Offered Tuesdays and Thursdays	
Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	Entrée Three: Smuckers PB&J Uncrustables Offered Daily	
Vegetables of the Day: Red Pepper Strips with Dip or Fiesta Beans	Vegetables of the Day: Red Pepper Strips with Dip or Fiesta Beans	Vegetables of the Day: Garden Salad or Cucumber Slices with Ranch	Vegetables of the Day: Southwestern Steamed Corn or Ranch Chickpeas	
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	
Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	

Harvest of the Month - Mushrooms

Pennsylvania leads the United States in mushroom production with more than 50 farms growing nearly 557 million pounds of mushrooms each year!



Mushrooms are made up of 90% water. Mushrooms are not a fruit or a vegetable, mushrooms are considered fungus. Mushrooms do not need light to grow and can be harvested year round.



Mushrooms can be eaten raw or cooked. Add mushrooms to salads, pasta dishes, and soups or as toppings to burgers, pizzas and sandwiches. Chopped mushrooms can be added to meat to enhance flavor and actually replace some of the meat for added nutrition.
www.paharvestofthemonth.org

This institution is an equal opportunity employer and provider. Menu options are subject to change.