

JANUARY 2010

WILSON COUNTY HIGH SCHOOL MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>An entrée, fruit or fruit juice and milk are available at every High School for breakfast each morning. Visit www.wcschools.com for more cafeteria information.</p>				<p>1 New Years Day No School</p>
<p>4 Administrative Day No School</p>	<p>5 Stockpile Day No School</p>	<p>6 Pasta Bar Chicken, Broccoli, & Rice Casserole California Blend Vegetables Green Beans Peaches</p>	<p>7 Salisbury Steak w/Gravy Macaroni & Cheese w/Ham Dinner Roll Mashed Potatoes Whole Kernel Corn Assorted Fresh Fruit</p>	<p>8 BBQ Pork on Bun Grilled Cheese Sandwich Pasta Salad w/Ranch Baked Beans Tossed Salad Pineapple Tidbits</p>
<p>11 Chili w/ Cheese Chicken Nuggets w/Dippers Dinner Roll Baked Potato Vegetable Casserole Pears</p>	<p>12 Country Fried Steak w/Gravy Spanish Rice w/Ground Beef Dinner Roll Mashed Potatoes Green Beans Mixed Fruit</p>	<p>13 Pasta Bar Chicken Noodle Soup w/Crackers Broccoli w/Cheese Layered Salad Peaches</p>	<p>14 Sloppy Joe on Bun Turkey & Cheese Roll-Up Au Gratin Potatoes Green Peas Applesauce</p>	<p>15 Baked Fish w/Hushpuppies Pig in a Blanket Cheesy Rice Creamy Coleslaw Great Northern Beans Pineapple Tidbits</p>
<p>18 Martin Luther King Holiday No School</p>	<p>19 Hamburger Steak w/Gravy Chicken & Dumplings Dinner Roll Mixed Vegetables Whole Potatoes w/Cheese Pineapple Tidbits</p>	<p>20 Pasta Bar Frito Chili Pie Whole Kernel Corn California Blend Vegetables Mixed Fruit</p>	<p>21 Scrambled Eggs w/Sausage & Biscuit Chicken & Biscuit Peppered Gravy Hash brown Casserole Sliced Tomatoes Pears</p>	<p>22 Baked Lasagna w/Garlic Cheddar Biscuit Chicken Quesadillas w/Salsa Layered Salad Green Beans Assorted Fresh Fruit</p>
<p>25 Potato Wedges w/Chili, Cheese & Cornbread Grilled Ham & Cheese Baked Beans Carrot & Celery Sticks w/Dip Pineapple Tidbits</p>	<p>26 Chicken Nuggets w/Dippers BBQ Rib Patty w/Pickle Dinner Roll Whole Kernel Corn Broccoli w/Cheese Sauce Peaches</p>	<p>27 Pasta Bar Tuna Salad on Wheat Tossed Salad w/Dressing Baked Tater Tots Fresh Fruit</p>	<p>28 Chicken Parmesan on Noodles Vegetable Beef Soup Dinner Roll Steamed Carrots Mashed Potatoes Baked Apples</p>	<p>29 Baked Fish Scalloped Potatoes w/Ham Homemade Cornbread Pinto Beans Creamy Coleslaw Cinnamon Applesauce</p>

The National School Lunch and School Breakfast programs are child nutrition programs of the U.S. Department of Agriculture (USDA). In accordance with Federal Law and USDA policy this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.