



SEPTEMBER 2022

Wicomico County Public Schools 9-12 Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



5

6

- Chicken Tenders & Roll
- Crispy Chicken Wrap
- Crispy Chicken over Salad & Roll
- Potato Wedges
- Fresh Carrots & Dip
- Pineapple Tidbits
- Fresh Fruit

7

- Beef Hot Dog
- Buffalo Chicken Wrap
- Buffalo Chicken Salad & Roll
- Baked Beans
- Side Garden Salad
- Applesauce
- Fresh Fruit

1

Welcome back!

2

12

- Fish Filet Sandwich
- Crispy Chicken Wrap
- Crispy Chicken over Salad & Roll
- Fresh Carrots & Dip
- Side Garden Salad
- Pineapple Tidbits
- Fresh Fruit

13

- Popcorn Chicken & Roll
- Buffalo Chicken Wrap
- Buffalo Chicken Salad & Roll
- Seasoned Green Beans
- Fresh Broccoli & Dip
- Peaches
- Fresh Fruit

14

- Bagel Bites
- Deli Turkey Sandwich
- Chef Salad & Breadstick
- Fresh Carrots & Dip
- Side Garden Salad
- Applesauce
- Fresh Fruit

15

- Mickeys Cheese Pizza
- Breaded Chicken Patty Sandwich
- Managers Choice
- Seasoned Corn
- Side Garden Salad
- Local Watermelon
- Fresh Fruit

16

- Corn Dog Nuggets & Roll
- Chicken Caesar Wrap
- Chicken Caesar Salad & Breadstick
- Baked Beans
- Fresh Carrots & Dip
- Mandarin Oranges
- Fresh Fruit

19

- Deli Ham and Cheese Sandwich
- Crispy Chicken Wrap
- Crispy Chicken over Salad & Roll
- Hummus
- Fresh Carrots & Dip
- Pineapple Tidbits / Fresh Fruit

20

- Orange Chicken over Rice
- Buffalo Chicken Wrap
- Buffalo Chicken Salad & Roll
- Seasoned Broccoli
- Side Garden Salad
- Peaches
- Fresh Fruit

21

- Mickeys Cheese Pizza
- Nachos w/ Beef and Cheese
- Chef Salad & Breadstick
- Local Green Beans
- Side Garden Salad
- Applesauce
- Fresh Fruit

22

- Chicken & Cheese Quesadilla
- Spicy Tenders & Roll
- Chicken Caesar Salad & Breadstick
- Sweet Potato Fries
- Side Garden Salad
- Diced Pears
- Fresh Fruit

23

- Breakfast for Lunch
- Managers Choice OR
- French Toast Sticks
- Sausage, Hash Brown
- Fresh Carrots & Dip
- Mandarin Oranges
- Fresh Fruit

26

- Meatball Sub
- Crispy Chicken Wrap
- Crispy Chicken over Salad & Roll
- Seasoned Corn
- Fresh Carrots & Dip
- Pineapple Tidbits
- Fresh Fruit

27

- BBQ Boneless Wings & Roll
- Buffalo Chicken Wrap
- Buffalo Chicken Salad & Roll
- Baked Beans
- Fresh Broccoli & Dip
- Peaches
- Fresh Fruit

28

- Cheese Calzone
- Deli Turkey Sandwich
- Chef Salad & Breadstick
- Crispy Tater Tots
- Fresh Carrots & Dip
- Applesauce
- Fresh Fruit

29

- Teriyaki Chicken over Rice
- Breaded Chicken Patty Sandwich
- Managers Choice
- Steamed Oriental Veggies
- Side Garden Salad
- Diced Pears
- Fresh Fruit

30

- Pizza Crunchers & Sauce
- Chicken Caesar Wrap
- Chicken Caesar Salad & Breadstick
- Seasoned Green Beans
- Fresh Carrots & Dip
- Mandarin Oranges
- Fresh Fruit

Menu is subject to change

All items on this menu meet the dietary guidelines for school nutrition as established by the United States Department of Agriculture.