



# JANUARY 2022 LUNCH MENU



**FREE Breakfast and Lunch for all children 18 or younger every school day**

Grab-N-Go Meals for students on independent study or children not yet in school are available at Willows High School - N. Merrill St. kitchen entrance

all school days from 11:30 am - 12:15 pm

Fruit and Veggie and Choice of Milk are served with every lunch

- \* House Made
- \* Fresh Baked
- \* Made Fresh Daily

## What makes a "Meal Deal"?

A healthy lunch consists of five components:

- Milk
- Fruit
- Vegetable
- Grain
- Protein



Eat Smart! Make choices from all five food groups daily!

Students are **REQUIRED** to choose 3 of the 5 components with at least 1 fruit or vegetable to make a lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *Popcorn Chicken Bowl	4 *Pork Carnitas Burrito *Refried Beans	5 Cheesy Nachos	6 *Chicken Pozole Tortilla Chips	7 *Taco Bar *Refried Beans
10 *Grilled Ham & Cheese *Tomato Soup	11 Teriyaki Dunkers *Biscuit *Rice	12 *Hot dog Chips	13 *Taco Soup Tortilla Chips	14 *Hamburger Tator tots
17 No School	18 *Giant Meatball *Mashed Potato *Dinner Roll	19 *Chicken Alfredo *Garlic Bread	20 *Turkey & Gravy *Mashed Potato *Dinner Roll	21 *French Bread Pizza
24 *Baked Potato Bar Graham Cracker	25 *Spaghetti *Garlic Bread	26 Mini Corn Dogs Tator Tots	27 *Nachos Corn	28 Chicken Noodle Soup *Grilled Cheese
31 *Chicken Burrito *Refried Beans		Fresh Fruit & Salad Bar Available Every Day!		

**ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH DAILY**