



# MAY 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"?

**1 GREAT TRAY**

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
2 Turkey Gravy Mashed Potato/Green Beans Dinner Roll & Cookies	3 Turkey Ham & Cheese Wrap Chips Mini Pretzels	4 Chicken Fajitas Refried Beans	5 Chicken Cheesy Sub Sandwich Potato Wedges	6 Grilled Cheese Sandwich Tomato Soup
9 Chicken Ranch Wrap Chips & Mini Pretzels	10 Giant Meatball Corn & Green Bean Casserole Dinner Roll	11 Ham & Cheese Croissant Tater Tots	12 Chicken Quesadilla Mexican Rice Corn	13 Hamburger Potato Wedges
16 Chicken Tacos Refried Beans	17 Grilled Ham & Cheese Vegetable Soup	18 Cheeseburgers Potato Wedges	19 Nachos Corn	20 Spaghetti & Meatballs Garlic Bread Mixed Salad
23 Chicken Fiesta Wrap Chips & Cookies	24 Hamburger Dirty Potatoes	25 Mac & Cheese Green Beans Garlic Bread	26 Turkey Ham & Cheese Sandwich Chips	27 Chicken Burrito Refried Beans
30 No School	31 Turkey Ham & Cheese Wrap Chips Mini Pretzels	Fresh Fruit & Salad Bar Available Every Day!		

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