



OCTOBER 2021 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 11:45 am - 12:45 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
				1 *Chicken Tacos
Fresh fruit and salad bar available every day!				
4 	5 	6 	7 	8
11	12	13	14	15
National School Lunch Week				
*Meat Lasagna *Garlic Bread	*Chicken Tamale Pie	Mini Corn Dogs Tator Tots	*Chicken Burrito	*Pizza
18 *Turkey Cheese Crossiant Tator Tots	19 *Carnitas Tacos Mexican Rice	20 *Bean & Cheese Burrito	21 *Sloppy Joe	22 *Club Sandwich Chips
25 *Nachos	26 *Pizza	27 *Ham & Cheese Crossiant Chips	28 Teriyaki Dunkers *Biscuit *Rice	29 *Chili Hot Dog Tator Tots

ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH DAILY