








Students must choose 3 out of 5 daily components to qualify for a Complete Reimbursable Meal - 1 item must be a Fruit or Vegetable/Potato

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<u>January 03</u> Chicken Bites w/Dipping Sauce Dinner Roll Tater Tots & Side Salad Daily Fruit Selection Milk Choice	<u>January 04</u> Nachos Grande w/Roll Spanish Rice w/Salsa Corn Daily Fruit Selection Milk Choice	<u>January 05</u> Penne Pasta w/Meatsauce Garlic Bread Stick Green Beans Daily Fruit Selection Milk Choice	 <u>January 06</u> Stuffed Crust Pizza Crinkle Cut Fries Fresh Veggie Cup or Salad Daily Fruit Selection Milk Choice
	<u>January 09</u> Chicken Patty Sandwich Lettuce Tomato & Pickle Tater Tots Side Salad Daily Fruit Selection Milk Choice	<u>January 10</u> Cheeseburger on a bun Curly Fries Lettuce Tomato & Pickle Baby Carrots w/Ranch Daily Fruit Selection Milk Choice	<u>January 11</u> <u>Popcorn Chicken Bowl!</u> Popcorn Chicken w/Roll Corn Mashed Potatoes & Gravy Daily Fruit Selection Milk Choice	<u>January 12</u> Italian Hoagie w/Cheese Lettuce & Tomato Oven-Baked Fries Daily Fruit Selection Milk Choice
<u>January 16</u> 	<u>January 17</u> Mini Corn Dogs w/Roll Tater Tots California Blend Vegetables Daily Fruit Selection Milk Choice	<u>January 18</u> Chicken Tenders w/Roll Roasted Red Potatoes Corn Daily Fruit Selection Milk Choice	<u>January 19</u> Macaroni & Cheese w/Roll Cheese Stick Oven Baked Potato Smiles Glazed Carrots Daily Fruit Selection Milk Choice	 <u>January 20</u> Deep Dish Personal Pizza Spiral Fries Fresh Veggie Cup or Salad Daily Fruit Selection Milk Choice
<u>January 23</u> French Toast Sticks w/Syrup Sausage Patty Hash Brown Patty 100% Fruit Juice Daily Fruit Selection Milk Choice 2 hr Delay - WJHSD	<u>January 24</u> BBQ Rib Sandwich Oven-Baked Fries Fresh Veggie Cup or Salad Daily Fruit Selection Milk Choice	<u>January 25</u> <u>Popcorn Chicken Bowl!</u> Popcorn Chicken w/Roll Corn Mashed Potatoes & Gravy Daily Fruit Selection Milk Choice	<u>January 26</u> Grilled Chicken Penne Pasta w/Alfredo Sauce Garlic Breadstick Broccoli Daily Fruit Selection Milk Choice	 <u>January 27</u> Pepperoni Pizza Crinkle Cut Fries Fresh Veggie Cup or Salad Daily Fruit Selection Milk Choice
<u>January 30</u> Cheeseburger on a bun Curly Fries Baked Beans Daily Fruit Selection Milk Choice	<u>January 31</u> Ham & Cheese on a Pretzel Bun Lettuce, Tomato, & Pickle Seasoned Potato Wedges Daily Fruit Selection Milk Choice	<u>Daily Fruit Choice</u> Apples, Oranges, Banana, Peach Cup, Pear Cup, Pineapple Mixed Tropical Fruit Cup, Flavored Applesauce Cups Daily Option #3 - Yogurt Meal Yogurt, Cheese Stix, Graham Crackers Fruit, Veggie & Milk Choice	WJHSD - ELEMENTARY & INTERMEDIATE SCHOOLS Free Breakfast Program! All WJHSD students qualify daily for 1 - "Free" Complete Breakfast Meal You must choose 3 out of the 4 Breakfast items to qualify for the Free Meal Lunch *Free, *Reduced \$.40, Full Paid \$2.95 ***Parents/Guardians *** 2022-23 Free & Reduced Meal Application available on wjhsd.net	

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