

August

2022

WAHS 9th-12th grade

Lunch

At lunch, students are offered all five required food components in at least the minimum required amounts. The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable component.

There will be additional fruits and vegetable options available for all students.



	Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	5	
	8	9	10	11	12	
First Day of School ➔	15 Super Nachos w/Beef and Beans and Salsa	16 Chicken Teriyaki Rice bowl w/Broccoli and Sliced Carrots + Dinner Roll	17 Chicken and Waffle Combo w/ Carrots and Jicama Sticks	18 Spaghetti and Meatballs w/ Spinach Salad and Corn + Garlic Breadsticks	19 Detroit Style Pizza w/ Cucumber slices and Carrot Sticks	
	22 Chicken Patty Sandwich w/Potato wedges and Lettuce and tomato	23 Beef Chalupa w/Pinto Beans and Cucumber Slices	24 Penne Pasta w/Meat Sauce and Side Salad and Carrot Sticks + Garlic Breadstick	25 Chicken Tamales and Rice w/ Pinto Beans and Cucumber Slices	26 Chicken Nuggets w/ Corn and Mashed potatoes and Whole Grain Crackers	
	29 Beef Hamburger w/ Tater Tots and Lettuce and Tomato	30 Chicken Stir Fry Over Garlic Noodles w/ Cabbage Salad + Whole Grain Crackers	31 Bean and Cheese Burritos w/ Carrot Sticks and Jicama Sticks	1 Chicken Verde Rice Bowl w/ Fiesta Corn and Black Beans + Tortilla Chips	2 Corn Dogs w/Cucumber Slices and Jicama Sticks	

This institution is an equal opportunity provider.