

JANUARY 2024

WAHS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
01 Happy New Year!	02 Chicken Nuggets Mashed Potato Carrot Sticks	03 Corn Dogs Potato Wedges Celery Sticks	04 Spaghetti w/ meatballs Side Salad + Corn + Dinner Roll	05 Korean BBQ Chicken Bowl w/ Broccoli Sweet Potato + Goldfish
08 Beef Burgers Potato Tots Lettuce+Tomato	09 Beef Nachos Beans Salsa	10 Chicken Alfredo Broccoli Carrot Sticks + Dinner Roll	11 Beef Chalupa Rice, Beans, Salsa	12 Pizza Cucumber Slices Jicama Sticks
15 MLK Day No School	16 Bean and Cheese Burritos Salsa +Beans	17 Broccoli and Beef w/ Rice Carrots +Goldfish	18 Chicken Tamales Rice, Beans, and Salsa	19 Beef Sliders Potato Wedges Broccoli
22 Chicken Sandwich Potato Tots Lettuce and Tomato	23 Penne Pasta w/ Meat Sauce Side Salad, Carrots + Dinner Roll	24 Chicken Verde Rice, Beans, Salsa Tortilla Chips	25 Bean and Cheese Pupusa Cortido, Corn	26 Pizza Cucumber Slices Jicama Sticks
29 Orange Chicken Rice, Broccoli + Carrots	30 Spaghetti w/ meatballs Side Salad + Corn + Dinner Roll	31 Chicken Tenders Mashed Potato Carrot Sticks		

New Year Goals!!
All students please
learn your PIN for
the cafeteria

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 fruit and vegetable options available for all students.