

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**5**  
Sweet + Spicy Chicken  
Brown Rice  
Fruits and Vegetables  
Milk

**6**  
Beef Tacos  
Hard or Soft Shell  
Brown Rice  
Beans / Corn  
Fruits and Vegetables  
Milk

**7**  
Pulled BBQ Chicken Sandwich  
Homemade Coleslaw  
Fruits and Vegetables  
Milk

**8**  
Chicken Alfredo Pasta  
Broccoli  
Fruits and Vegetables  
Milk

**9**  
Cheese / Pepperoni Pizza  
Specialty Pizza  
Homemade Dessert  
Fruits and Vegetables  
Milk

**12**  
Spaghetti  
Meat Sauce / Marinara  
Garlic Bread  
Fruits and Vegetables  
Milk

**13**  
EARLY RELEASE  
*Bagged Lunch*

**14**  
Hamburger / Cheeseburger  
Baked Beans  
Fruits and Vegetables  
Milk

**15**  
*Brunch for Lunch!*  
French Toast / Maple Syrup  
Sausage Links / Eggs  
Yogurt / Granola / Berries  
Fruits and Vegetables  
Milk

**16**  
Cheese / Pepperoni Pizza  
Specialty Pizza  
Homemade Dessert  
Fruits and Vegetables  
Milk

**19**  
NO SCHOOL  
*Martin Luther King Jr. Day*

**20**  
Grilled Cheese Sandwich  
Homemade Soup  
Fruits and Vegetables  
Milk

**21**  
Chicken Fried Rice  
Sesame Broccoli  
Crispy Chickpeas  
Fruits and Vegetables  
Milk

**22**  
Meatloaf  
Garlic Parmesan Noodles  
Roasted Carrots  
Fruits and Vegetables  
Milk

**23**  
Cheese / Pepperoni Pizza  
Specialty Pizza  
Homemade Dessert  
Fruits and Vegetables  
Milk

**26**  
Macaroni and Cheese  
Buffalo Chicken / Plain  
Fruits and Vegetables  
Milk

**27**  
Greek Chicken Flatbread  
Feta / Spinach  
Homemade Tzatziki  
Fruits and Vegetables  
Milk

**28**  
EARLY RELEASE  
*Bagged Lunch*

**29**  
*National Corn Chip Day!*  
Beef Nachos  
Brown Rice  
Beans / Corn  
Fruits and Vegetables  
Milk

**30**  
Cheese / Pepperoni Pizza  
Specialty Pizza  
Homemade Dessert  
Fruits and Vegetables  
Milk

WAF encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J or Egg Salad Sandwich. All students eat free meals! If you have a food allergy, please notify us.