

# OCTOBER 2025



## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Ham & Cheese Bagel <b>6</b> Benefit Bar *Parfait	Breakfast Pizza <b>7</b> Buttermilk Bar *Parfait	*Breakfast Burrito <b>8</b> Plain Bagel & Cream Cheese *Parfait	*WUSD Muffin <b>9</b> Pancakes *Parfait	*Sausage & Cheese Bagel <b>10</b> Banana Bread *Parfait
*Ham & Cheese Croissant <b>13</b> Waffle *Parfait	*Scone <b>14</b> Concha *Parfait	*Breakfast Burrito <b>15</b> Plain Bagel & Cream Cheese *Parfait	*WUSD Muffin <b>16</b> *French Toast Casserole & Sausage Links *Parfait	*Sausage & Cheese Biscuit <b>17</b> Benefit Bar *Parfait
*Ham & Cheese Bagel <b>20</b> Buttermilk Bar *Parfait	*Sheet Pancake <b>21</b> Cereal *Parfait	*Breakfast Burrito <b>22</b> Plain Bagel & Cream Cheese *Parfait	*WUSD Muffin <b>23</b> French Toast Sticks *Parfait	*Bacon, Egg, & Cheese Biscuit <b>24</b> Mini Powdered Donut *Parfait
*Pancake Sandwich <b>27</b> *Cinnamon Roll *Parfait	Belgian Waffles & Sausage Links <b>28</b> Benefit Bar *Parfait	*Breakfast Burrito <b>29</b> Concha *Parfait	*WUSD Muffin <b>30</b> *French Toast Casserole & Sausage Links *Parfait	*Sausage & Cheese Croissant <b>31</b> Pancake *Parfait

### Breakfast includes:

- Choice of Low Fat 1% White Milk or Fat Free Chocolate Milk
- Choice of 2 half cup servings of Fruit

Menu is subject to change without notice.

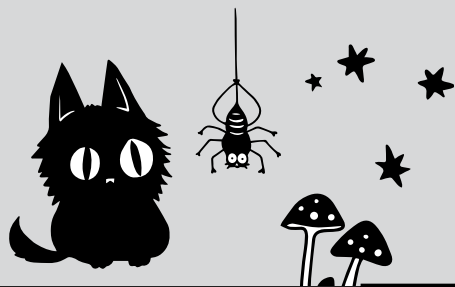
This institution is an equal opportunity provider.

\*Made In-House



All Willows Unified School District (WUSD) Students receive **1-free** breakfast & lunch daily.





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## Willows Intermediate LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Hamburger 6 *Spicy Chicken Tender Wrap	*Crunchy Tacos 7 Ham & Cheese Croissant	Chicken Nuggets & Breadstick 8 Ham & Cheese Sub	*Orange Chicken & Rice 9 *Grilled Cheese Sandwich	Pizza 10 Italian Sub
Chicken Patty Sandwich 13 Meatball Sub	*Chili-Cheese with Chips 14 Ham & Cheese Sub	*Spaghetti 15 Turkey & Cheese Sub	*Breaded Drumstick & Biscuit 16 *Grilled Ham & Cheese Sandwich	*Papa Murphy's Pepperoni Pizza 17 Spicy Chicken Sandwich
*Hamburger 20 Turkey & Cheese Sub	*Carne Asada Torta 21 Corn Dog	*Macaroni & Cheese 22 Italian Sub	*Baked Chicken 23 *Chicken Ranch Wrap	Pepperoni Pizza 24 Chicken Nuggets & Breadstick
Chicken Patty Sandwich 27 *BLT Club Wrap	*Pozole with Chips 28 Turkey & Cheese Sub	*Chicken Alfredo 29 *Grilled Cheese Sandwich	*Teriyaki Dunkers 30 Ham & Cheese Ciabatta	Pizza 31 *Nachos

### Lunch includes:

- Choice of Low Fat 1% White Milk or Fat Free Chocolate Milk
- One-half cup serving of Fruit
- Three-quarters of a cup serving of Vegetables
- Salad Bar

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