

Willows Unified Menu For

January 2019 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Holiday	2 No School	3 No School	4 No School
7 Cereal/Cereal bar Yogurt Juice/Appleslices Poptart Milk	8 Sausage Biscuits Banana Cereal Granola Bar Juice/Milk	9 Ham & Cheese Bagel Orange Cereal/Granola Bar Juice/Milk	10 Pancake on stick Syrup Applesauce Cereal/Granola Bar Juice/Milk	11 Buttermilk Bar Apple slices Sunflower Seeds Cereal/Granola Bar Juice/Milk
14 Cereal/Cereal bar Yogurt Juice/Appleslices Poptart Milk	15 Banana Bread Applesauce Cereal Granola Bar Juice/Milk	16 Blueberry Muffin Apple slices Cheesesticks Cereal/Granola Bar Juice/Milk	17 Breakfast burrito Orange Cereal/Granola Bar Juice/Milk	18 Peanutbutter Uncrustalbe Apple Slices Cereal/Granola Bar Juice/Milk
21 Holiday	22 Breakfast Pizza Apple Slices Cereal/Granola Bar Juice/Milk	23 Chicken/Cheese Crispito Appleslices Cereal/Granola Bar Juice/Milk	24 Churro Sunflower Apple slices Cereal/Granola Bar Juice/Milk	25 Honey Bun Apple Slices Peanutbutter Cereal/Granola Bar Juice/Milk
28 Cereal/Cereal bar Yogurt Juice/Appleslices Poptart Milk	29 Waffle/Bacon Banana Cereal/Granola Bar Juice Milk	30 Sunrise Sandwich Applesauce Cereal/graham crackers Juice Milk	31 Uncrustables Appleslices Cereal/Granola bar Juice Milk	

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.