



Windsor Bergen

Lunch

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>		
	<i>No Lunch</i>	2 Grilled Cheese on WW Bread 2.5oz Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	3 Grilled Chicken w/ BBQ Sauce 2.5oz Wrapped WW Mountain Roll 1ea Whole Baby Carrots 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	4 Boxed Lunch Day 1ea Turkey and American Cheese on WW Bread 2.5oz Coleslaw 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea
7 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Black Beans 3/4c Bag Baked Tostitos Scoops 1ea Wrapped Whole Wheat Bread 1ea Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	8 Crispy Chicken Breast on Whole Wheat Bun 2.5oz Corn 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	9 Turkey and American Cheese on a WW Hero Roll 3oz Large Bag Baby Carrots 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	10 W.G Chicken Nuggets 5ea Whole Wheat Mountain Roll 1ea Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	11 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea
14 Meatloaf w/ Gravy 3oz Wrapped WW Mountain Roll 1ea Mashed Potatoes 3/4 Cup Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	15 Meatballs w/ Marinara Sauce 4ea Wrapped WW Mountain Roll 1ea Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	16 Macaroni w/ Beef 5oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	17 Baked Chicken Sticks 8ea-2oz Wrapped Whole Wheat Bread 1ea Maple Baked Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	18 Boxed Lunch Day 1ea Turkey and American Cheese on WW Bread 2.5oz Coleslaw 3/4 Cup Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea
<i>No Lunch</i>	22 Sliced Turkey w/ Gravy 3oz W.G Corn Muffin 2oz Mashed Potatoes 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	23 Lasagna Rollette w/ Marinara Sauce 1ea-3.5oz Wrapped WW Mountain Roll 1ea Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	24 Beef w/ Teriyaki Sauce 2.5oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	25 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea
28 Grilled Chicken on a WW Bun 2.5oz Sliced Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	29 W.G Chicken Nuggets 5ea Wrapped WW Mountain Roll 1ea Corn 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	30 Macaroni and Cheese 5oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	31 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 3/4 Cup Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	