


## Windsor Bergen

February 2019

### Lunch

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>		
				<p>1                      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</p>
<p>4                      Grilled Cheese on WW Bread 2.5oz                      Broccoli 3/4C                      100% Orange Juice 4oz                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>5                      Baked Chicken Sticks 8ea-2oz                      Wrapped Whole Wheat Bread 1ea                      Red Beans 3/4 cup                      Fresh Tangerine 1ea                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz                      PC Ketchup 1ea</p>	<p>6                      Homemade Ziti w/ Meat Sauce 5oz                      Wrapped Whole Wheat Bread 1ea                      Sliced Carrots 3/4 Cup                      Fresh Banana 1ea                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>7                      Grilled Lemon Chicken 2.5oz                      Wrapped WW Mountain Roll 1ea                      Corn 3/4 Cup                      100% Fruit Punch 4oz                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>8                      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 Mayo 1ea                      PC Mustard 1ea</p>
<p>11                      Lean Beef Nachos w/ Cheese 2.5oz                      Lean Beef Taco Meat 2oz                      Black Beans 3/4c                      Shredded Cheddar 1oz                      Bag Baked Tostitos Scoops 1ea                      Wrapped Whole Wheat Bread 1ea                      100% Grape Juice 4oz                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>12                      Meatballs w/ Marinara Sauce 4ea                      Wrapped WW Mountain Roll 1ea                      Whole Baby Carrots 3/4 Cup                      Apple Sauce Cup 1/2C                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>13                      Macaroni w/ Beef 5oz                      Wrapped Whole Wheat Bread 2ea                      Green Beans 3/4 Cup                      100% Fruit Punch 4oz                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>14                      Chicken w/ Alfredo Sauce 2.5oz                      Wrapped WW Mountain Roll 1ea                      Broccoli 3/4C                      Fresh Banana 1ea                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>15                      Boxed Lunch Day 1ea                      Turkey and American Cheese on WW Bread 2.5oz                      Potato Salad 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</p>
<i>No Lunch</i>	<i>No Lunch</i>	<p>20                      Stuffed Shells w/ Marinara Sauce 2ea/4oz                      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</p>	<p>21                      Crispy Chicken Breast on Whole Wheat Bun 2.5oz                      Corn 3/4 Cup                      Fresh Banana 1ea                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz                      PC Ketchup 1ea</p>	<p>22                      Boxed Lunch Day 1ea                      Roast Beef and Swiss on a WW Kaiser Roll 3 oz                      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</p>
<p>25                      W.G Chicken Nuggets 5ea                      Wrapped WW Mountain Roll 1ea                      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</p>	<p>26                      Grilled Chicken w/ BBQ Sauce 2.5oz                      Wrapped WW Mountain Roll 1ea                      Maple Baked Beans 3/4 Cup                      Fresh Banana 1ea                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>27                      Macaroni and Cheese 5oz                      Wrapped WW Mountain Roll 1ea                      Broccoli 3/4C                      100% Grape Juice 4oz                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>28                      Breaded Fish Fillet on a Whole Wheat Bun 1ea                      Apple Sauce Cup 1/2C                      1% Milk 8oz                      Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz                      PC Tartar Sauce 1ea                      Corn 3/4 Cup</p>	