



Windsor Bergen

Lunch

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		ALTERNATIVES Turkey Ham and Cheese on WW Bread 3.5oz	ALTERNATIVES American Cheese on WW Hero 2.5oz	
	<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>		
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4	5	6	7	8
11	12	13	14	15
18	19 Beef Bologna on a Whole Wheat Roll 2oz Bagged Baby Carrots 1/2c 100% Orange Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea	20 Ham and American Cheese on a Whole Wheat Bun 2oz Fresh Orange 1ea 100% Apple Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea	21 Turkey and cheese a WW bun 2oz Fresh Apple Slices 1 Bag 100% Fruit Punch 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea	22 Roast Beef and Cheese on a WW Roll 2oz Fruit Cup 1/2 Cup 100% Grape Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea
25 Turkey and Cheese on Whole Wheat Bread 2oz Craisins 2 oz 100% Apple Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea	26 Beef Bologna and Cheese on Whole Wheat Bread 2oz Fresh Apple 1ea Apple Sauce Cup 1/2C Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea	27 Tuna Salad Cup 3oz WW BreadSticks 1pk Bagged Baby Carrots 1/2c 100% Fruit Punch 4oz Fat Free Chocolate Milk 8oz	28 Ham and American Cheese on a Whole Wheat Bun 2oz Fresh Orange 1ea 100% Grape Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea	29 Turkey and cheese a WW bun 2oz 100% Orange Juice 4oz Fruit Cup 1/2 Cup Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea