

**Windsor Bergen**

**Lunch**

July 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
				ALTERNATIVES American Cheese on WW Hero 3.5oz
	<p><i>All of our food is made fresh Daily.</i></p>	<p><i>Our Featured Wellness Item of the month is highlighted in orange.</i></p>		
			<p>1 Turkey Ham and Cheese on WW Bread 3.5oz Cold Bean Salad 3/4C Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>2 Roast Beef on WW Hero Roll 3.2oz Large Bag Baby Carrots 3/4c 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>
5	6 Beef Bologna and American Cheese on a WW Roll 3.5oz Farm and Orchard Veggie Splash 6 oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	7 Turkey Ham and Cheese on WW Bread 3.5oz Cold Bean Salad 3/4C 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	8 Turkey and American Cheese on a Whole Wheat Hero Roll 3.5oz Coleslaw 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	9 Beef Bologna and American Cheese on a WW Roll 3.5oz 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
12 Turkey and American Cheese on a Whole Wheat Hero Roll 3.5oz Large Bag Baby Carrots 3/4c 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	13 Beef Bologna and American Cheese on a WW Roll 3.5oz Coleslaw 3/4 Cup Craisins 2 oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	14 Tuna Salad Cup 3oz WW BreadSticks 1pk Celery Sticks 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	15 Turkey Ham and Cheese on WW Bread 3.5oz Cold Bean Salad 3/4C Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	16 Roast Beef on WW Hero Roll 3.2oz 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
19 Turkey and American Cheese on WW Bread 3.5oz Large Bag Baby Carrots 3/4c 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	20 Beef Bologna and American Cheese on a WW Roll 3.5oz Farm and Orchard Veggie Splash 6 oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	21 Turkey Ham and Cheese on Whole Wheat Bread 2.5oz Cold Bean Salad 3/4C 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	22 Turkey and American Cheese on a Whole Wheat Hero Roll 3.5oz Coleslaw 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	23 Beef Bologna and American Cheese on a WW Roll 3.5oz Large Bag Baby Carrots 3/4c 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea
26 Turkey and American Cheese on a Whole Wheat Hero Roll 3.5oz Large Bag Baby Carrots 3/4c 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	27 Beef Bologna and American Cheese on a WW Roll 3.5oz Coleslaw 3/4 Cup Craisins 2 oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	28 Tuna Salad Cup 3oz WW BreadSticks 1pk Celery Sticks 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	29 Turkey Ham and Cheese on WW Bread 3.5oz Cold Bean Salad 3/4C Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	30 Roast Beef on WW Hero Roll 3.2oz Large Bag Baby Carrots 3/4c 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea