



Windsor Bergen

September 2021

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 Baked Chicken Patty on a Whole Wheat Bun 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>2 BBQ Beef Ribbecue on a WW Hamb Bun 2.5oz Mashed Potatoes 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>3 Whole Wheat Pizza 1ea Green Beans 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> |
| 6 | <p>7 Baked Chicken Patty on a Whole Wheat Bun 1ea Corn 3/4 Cup Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>8 Baked Chicken Sticks 8ea-2oz Honey Glazed Whole Baby Carrots 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>9 Lean Turkey Nachos w/ Cheese 2.5oz Turkey Taco Meat 2.5 oz Shredded Cheddar .5 oz Bag Baked Tostitos Scoops 1ea Black Beans 3/4c Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>10 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup Craisins 2 oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> |
| <p>13 Grilled Chicken w/ BBQ Sauce 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>14 Grilled Cheese on WW Bread 4.3oz Broccoli 3/4C Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>15 Homemade Baked Ziti 6oz Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | 16 NO SCHOOL | <p>17 Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> |
| <p>20 French Toast Sticks 3ea-3oz Turkey Sausage Patty 1ea-1.5oz Diced Potatoes 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Maple Syrup 1ea</p> | <p>21 Crispy Chicken Breast on Whole Wheat Bun 3oz 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</p> | <p>22 W.G Chicken Nuggets 5ea 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>23 Cheese Ravioli w/ Marinara 3ea Whole Wheat Mountain Roll 1ea Spinach 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>24 Whole Wheat Pizza 1ea Green Beans 3/4 Cup Craisins 2 oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> |
| <p>27 Baked Chicken Sticks 8ea-2oz Corn 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>28 Baked Chicken Patty on a Whole Wheat Bun 1ea Cowboy Baked Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>29 Meatballs w/ Marinara Sauce 3ea 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</p> | <p>30 Macaroni and Cheese 6oz Wrapped Whole Wheat Bread 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | |