



Windsor Bergen

| Lunch | | | | |
|---|--|--|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | <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 All Beef Hot Dog on a WW Bun 1ea Sliced Carrots 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>2 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Red Beans 3/4 cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>3 Homemade Baked Ziti 6oz 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>4 W.G Waffle 1ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Maple Syrup 1ea</p> | <p>5 Boxed Lunches 1ea Beef Bologna and American Cheese on Whole Wheat Bread 1ea 3-Bean Salad 1/2c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p> |
| <p>8 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5oz Black Beans 3/4c Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>9 Baked Chicken Patty on a Whole Wheat Bun 1ea Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>10 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>11 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>12 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Potato Salad 1/2c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea</p> |
| <p>15 Hamburger on WW Hamb Bun 1ea Maple Baked Beans 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>16 Baked Chicken Sticks 8ea Wrapped Whole Wheat Bread 1ea Mashed Potatoes 3/4 Cup Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>17 Homemade Ziti w/ Meat Sauce 6oz 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>18 WG Mini Corn Dog Nuggets 6 each Sliced Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea</p> | <p>19 Boxed Lunches 1ea Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p> |
| <p>22 Beef and Cheese Burrito 1ea Black Beans 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>23 Crispy Chicken Breast on Whole Wheat Bun 3oz Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>24 Cheese Ravioli w/ Marinara 3ea Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | <p>25 Mini Maple Chicken Pancakes 7 each Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz Maple Syrup PC 1ea</p> | <p>26 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea 3-Bean Salad 1/2c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea</p> |
| <p>29</p> | <p>30 Grilled Chicken on a WW Bun 1ea Mashed Potatoes 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p> | <p>31 Meatballs w/ Marinara Sauce 3ea Wrapped WW Hot Dog Bun 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p> | | |