


Windsor Bergen

Lunch

November 2023

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 Homemade Baked Ziti 6oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>2 Baked Chicken Patty on a Whole Wheat Bun 1ea Red Beans 3/4 cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>3 Turkey and American Cheese on Whole Wheat Bread 1ea Pasta Salad 1/2C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea</p>
<p>6 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk Black Beans 3/4c 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>7 Grilled Chicken w/ BBQ Sauce 2.5oz Wrapped WW Mountain Roll 1ea Sliced Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>8 Cheese Ravioli w/ Marinara 3ea Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>		<p>10</p>
<p>13 Sloppy Joe on W/W Hamburger Bun 4 oz Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>14 WG Mini Corn Dog Nuggets 6 each Mashed Potatoes 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mustard 1ea</p>	<p>15 Homemade Ziti w/ Meat Sauce 6oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>16 Grilled Chicken on a WW Bun 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>17 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Macaroni Salad 1/2C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>20 Meatballs w/ Marinara Sauce 3ea Wrapped WW Hot Dog Bun 1ea Corn 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>21 Baked Chicken Sticks 8ea Wrapped WW Mountain Roll 1ea Red Beans 3/4 cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>22 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>23</p>	<p>24</p>
<p>27 Beef Chili 3oz Brown Rice 1/2 Cup Black Beans 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>28 Crispy Chicken Breast on Whole Wheat Bun 3oz Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>29 Homemade Baked Ziti 6oz Wrapped Whole Wheat Bread 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>30 Hamburger on a WW Bun 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	