



Windsor Bergen

Lunch

February 2024

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 Beef and Cheese Burrito 1ea Black Beans 3/4c Bagged Baby Carrots 1/2c Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>2 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea</p>
<p>5 Baked Chicken Patty on a Whole Wheat Bun 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>6 Cheese Quesidilla 3 oz Red Beans 3/4 cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>7 Lasagna Rollette w/ Marinara Sauce 1ea 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>8 W.G Waffle 1ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea</p>	<p>9 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 or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>12 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>13 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>14 Homemade Ziti w/ Meat Sauce 6oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>15 W.G Chicken Nuggets 5ea Wrapped WW Mountain Roll 1ea Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>16 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea</p>
<p>19</p>	<p>20</p>	<p>21 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>22 French Toast Sticks 3ea-3oz Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea</p>	<p>23 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 or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>26 W.G Pancakes 2ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea</p>	<p>27 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>28 Homemade Baked Ziti 6oz Wrapped Whole Wheat Bread 1ea Spinach 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>29 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Sliced Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	