


Windsor Bergen

Lunch

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>			
	<p>1 Popcorn chicken 3.5oz Wrapped Whole Wheat Bread 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea</p>	<p>2 Spaghetti w/ Marinara Sauce 4 oz Meatballs w/ Marinara Sauce 3ea Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>3</p>	<p>4 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 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>7 Baked Chicken Sticks 8ea Wrapped Whole Wheat Bread 1ea Mashed Potatoes 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC BBQ Sauce 1ea</p>	<p>8 W.G Chicken Nuggets 5ea Wrapped WW Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea</p>	<p>9 Meatballs w/ Marinara Sauce 3ea Wrapped WW Hot Dog Bun 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>10 Cheeseburger on W/W Bun 4 oz Maple Baked Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea</p>	<p>11 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 8oz PC Mayo 1ea</p>
<p>14 French Toast Slice 1 Slice Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea</p>	<p>15 Turkey and American Cheese on a Whole Wheat Roll 1ea Large Bag Baby Carrots 3/4c Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>16 Homemade Baked Ziti 6oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>17 All Beef Hot Dog on a WW Bun 1ea Corn/Red Bean Mix 1 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea PC Mustard 1ea</p>	<p>18 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>21 Baked Chicken Tenders 3ea-3.39oz Wrapped Whole Wheat Bread 1ea Corn 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC BBQ Sauce 1ea</p>	<p>22 Crispy Chicken Breast on Whole Wheat Bun 3oz Whole Baby Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea</p>	<p>23 Sweet and Sour Meatballs 3ea Wrapped WW Hot Dog Bun 1ea Spinach 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>24 Hamburger on a WW Bun 1ea Maple Baked Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea</p>	<p>25 Turkey and Cheese on WW Hero 1ea Coleslaw 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea</p>
<p>28 Popcorn chicken 3.5oz W.G Waffle 1ea Baked Home Fries 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>29 Swedish Meatballs in Gravy 3ea Wrapped Whole Wheat Bread 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>30 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>31 Beef and Cheese Burrito 1ea Corn/Black Bean Mix 1 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Salsa PC 1 ea</p>	