


Windsor Bergen

Lunch

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>			
				<p>1 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>4 W.G Pancakes 2ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea</p>	<p>5 Baked Chicken Tenders 3ea-3.39oz 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 BBQ Sauce 1ea</p>	<p>6 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>7</p>	<p>8</p>
<p>11 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea</p>	<p>12 Popcorn chicken 3.5oz W.G Waffle 1ea Sliced Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea</p>	<p>13 Sweet and Sour Meatballs 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>14 Grilled Cheese on WW Bread 1ea Maple Baked Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea</p>	<p>15 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>18 Hamburger on a WW Bun 1ea Mashed Potatoes 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea</p>	<p>19 Baked Chicken Sticks 8ea Wrapped WW Mountain Roll 1ea Whole Baby Carrots 3/4 Cup Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC BBQ Sauce 1ea</p>	<p>20 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>21 Cheese Quesidilla 3 oz Corn/Red Bean Mix 1 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Salsa PC 1 ea</p>	<p>22 Turkey and American Cheese on a Whole Wheat Roll 1ea Coleslaw 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>25 All Beef Hot Dog on a WW Bun 1ea Corn 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea PC Mustard 1ea</p>	<p>26 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 or Skim 8oz PC Ketchup 1ea</p>	<p>27 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>28</p>	<p>29</p>