



Windsor Bergen

January 2025

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
ALTERNATIVES	ALTERNATIVES	ALTERNATIVES	ALTERNATIVES	ALTERNATIVES
	<p><i>All of our food is made fresh Daily.</i></p>			
		1	2	3
			Grilled Cheese on WW Bread 1ea Whole Wheat Bread 1sl Mashed Potatoes 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	Beef Bologna and American 1ea Large Bag Baby Carrots 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mustard 1ea PC Mayo 1ea
6	7	8	9	10
W.G Chicken Nuggets 5ea Whole Wheat Mountain Roll 1ea Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	Cheese Ravioli w/ Marinara 3ea Whole Wheat Mountain Roll 1ea Spinach 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	Cheeseburger 1ea Whole Wheat Hamburger Bun 1ea Maple Baked Beans 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	French Toast Slice 1 Slice Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Maple Syrup PC 1ea	Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 1 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea
13	14	15	16	17
Mozzarella Sticks 5ea Marinara Sauce 2oz Whole Baby Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	Homemade Ziti w/ Meat Sauce 6oz Whole Wheat Bread 1sl Broccoli 3/4C Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	Baked Chicken Fingers 5 oz Corn/Red Bean Mix 1 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	Baked Chicken Tenders 3ea-3.39oz Whole Wheat Bread 1sl Corn 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC BBQ Sauce 1ea	Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mustard 1ea PC Mayo 1ea
20	21	22	23	24
Meatballs w/ Marinara Sauce 3ea Whole Wheat Hot Dog Bun 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	Macaroni and Cheese 6oz Whole Wheat Mountain Roll 1ea Broccoli 3/4C Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	Cheese Quesidilla 3 oz Maple Baked Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz Salsa PC 1ea	Popcorn chicken 3.5oz W.G Waffle 1ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Maple Syrup PC 1ea	Turkey and Cheese on WW Hero 1ea Coleslaw 3/4 cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz
27	28	29	30	31
Crispy Chicken Breast 1ea Whole Wheat Bun 1ea Sliced Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	Sweet and Sour Meatballs 3ea Whole Wheat Hot Dog Bun 1ea Spinach 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	Beef and Cheese Burrito 1ea Corn/Black Bean Mix 1 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Salsa PC 1ea	W.G Pancakes 2ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Maple Syrup PC 1ea	Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz