



**Windsor Bergen**

**Lunch**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
			<p>1 Beef and Cheese Burrito 1ea Corn/Black Bean Mix 1 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Salsa PC 1 ea</p>	<p>2 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>5 Grilled Cheese on WW Bread 1ea Mashed Potatoes 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>6 W.G Chicken Nuggets 5ea Wrapped WW Mountain Roll 1ea Sliced Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>7 Spaghetti w/ Marinara Sauce 4 oz Meatballs w/ Marinara Sauce 3ea Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Whole Milk 8oz</p>	<p>8 Cheese Pierogis 12 ea Corn/Black Bean Mix 1 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>9 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 Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>12 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 Milk 8oz Maple Syrup PC 1ea</p>	<p>13 Mozzarella Sticks 5ea Marinara Sauce 2oz Whole Baby Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</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 8oz</p>	<p>15 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>16 Turkey Ham and Cheese on WW 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>19 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 Milk 8oz PC BBQ Sauce 1ea</p>	<p>20 Meatballs w/ Marinara Sauce 3ea Wrapped WW Hot Dog Bun 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</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 8oz</p>	<p>22 Turkey Ham and Cheese on WW Bread 1ea Cold Bean Salad 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>23 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>26</p>	<p>27 Crispy Chicken Breast on Whole Wheat Bun 3oz Sliced Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea</p>	<p>28 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>29 Cheese Quesadilla 3 oz Maple Baked Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Salsa PC 1 ea</p>	<p>30 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>