

Windsor Bergen

Lunch

October 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Arroz Con Pollo 1C Black Beans 3/4c Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	2 Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea
5 W.G Chicken Nuggets 5ea Broccoli 3/4C 100% Fruit Punch 4oz Wrapped Whole Wheat Bread 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Honey Mustard PC .75oz	6 Homemade Baked Ziti 6oz Meatballs w/ Marinara Sauce 2ea Sliced Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	7 Chicken Potstickers 6 Corn/Black Bean Mix 3/4 Cup Plain Applesauce Cup 1/2 Cup Wrapped WW Mountain Roll 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	8 WG French Toast Sticks 3ea-3oz Turkey Sausage Links 2ea Baked Potato Tots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Maple Syrup PC 1ea	9 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Coleslaw 1/2 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea
12 Baked Chicken Tenders 3ea-3.39oz Mashed Potatoes 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC BBQ Sauce 1ea	13 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Whole Baby Carrots 3/4 Cup Fresh Apple Slices 1 Bag Fat Free Chocolate or Skim Milk 8oz 1% Milk 8oz	14 WG Macaroni and Cheese 6oz Broccoli 3/4C Strawberry Applesauce Cup 1ea Wrapped Whole Wheat Bread 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	15 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 3oz Corn/Red Bean Mix 3/4 Cup Bag Baked Tostitos Scoops 1ea Shredded Cheddar .5 oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	16 Turkey Ham and Cheese on Whole Wheat Bread 2.5oz 3-Bean Salad 1/2c 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea
19 Hamburger on a WW Bun 1ea Sliced Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	20 Bean and Cheese Burrito 1ea Black Beans 3/4c Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	21 Baked Rosemary Chicken 4oz Mashed Potatoes 3/4 Cup Cornbread Stuffing 1/2 Cup Cinnamon Applesauce Cup 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	22 Baked Chicken Sticks 8ea Spinach 3/4 Cup Fresh Banana 1ea Wrapped Whole Wheat Bread 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	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
26 Crispy Chicken Breast on Whole Wheat Bun 3oz Baked Potato Tots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	27 WG Cheese Quesadilla 3 oz Black Beans 3/4c Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	28 WG Macaroni w/ Beef 6oz Sliced Carrots 3/4 Cup Plain Applesauce Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	29 Popcorn chicken 3.5oz W.G Waffle 1ea Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea	30 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Coleslaw 1/2 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea