Windsor Prep

Lunch

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	All of our food is made fresh Daily.	*Our Featured Wellness Item of the month is highlighted in orange.*		
3 BBQ PULLED BEEF ON WW BUN 3OZ Maple Baked Beans 1 Cup 100% Fruit Punch 4oz Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	4 W.G Chicken Nuggets 6ea Wrapped Whole Wheat Bread 2ea Baked French Fries 1 Cup Fresh Tangerine 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	5 Boxed Lunch Day 1ea Turkey and American Cheese on a Whole Wheat Hero Roll 2oz Coleslaw 1/2 Cup Large Bag Baby Carrots 3/4c 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	6 Grilled Chicken w/ Marsala Sauce 2.5oz Wrapped Whole Wheat Bread 2ea Broccoli 1 Cup 100% Grape Juice 4oz Fresh Pear 1ea Whole Wheat Bread 1sl 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	7 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1/2 Cup Large Bag Baby Carrots 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea
No Lunch	*No Lunch*	*No Lunch*	*No Lunch*	*No Lunch*
17 Meatloaf w/ Gravy 3oz Wrapped WW Mountain Roll 1ea Mashed Potatoes 1 Cup Fresh Pear 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	18 Baked Chicken Patty on a Whole Wheat Bun 1ea Sweet Potato Fries 1 Cup 100% Orange Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	19 Lasagna Rollette w/ Marinara Sauce 1ea-3.5oz Wrapped Whole Wheat Bread 1ea Broccoli 1 Cup Fresh Clementine 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	20 Crispy Chicken Breast on Whole Wheat Bun 3oz Maple Baked Beans 1 Cup 100% Apple Juice 4oz Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	21 Boxed Lunch Day 1ea Turkey and American Cheese on a WW Hero Roll 3oz Coleslaw 1/2 Cup Large Bag Baby Carrots 3/4c Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea
24 Sliced Turkey w/ Gravy 3oz Wrapped Whole Wheat Bread 2ea Spinach 1 Cup Fresh Pear 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	25 Grilled Chicken Sandwich on a WW Bun 2.5oz Corn 1 Cup 100% Orange Juice 4oz Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	26 Beef and Cheese Burrito 1ea Wrapped Whole Wheat Bread 1ea Red Beans 1 cup Raisins 1 Box 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	27 Popcorn Chicken 2.5oz Wrapped Whole Wheat Bread 2ea Honey Glazed Whole Baby Carrots 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	28 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1/2 Cup Large Bag Baby Carrots 3/4c Pineapples 1/2 Cup 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea