



Windsor Prep

February 2019

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>		
				<p>1 Boxed Lunch Day 1ea Turkey and American Cheese on WW Bread 3oz Coleslaw 1 Cup Fresh Orange 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>4 Grilled Cheese on WW Bread 2.5oz Broccoli 1 Cup Fruit Cup 1/2 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>5 Baked Chicken Sticks 10ea- 2.5oz Wrapped Whole Wheat Bread 1ea Red Beans 1 cup 100% Fruit Punch 4oz Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>6 Homemade Ziti w/ Meat Sauce 5oz Wrapped Whole Wheat Bread 1ea Sliced Carrots 1 Cup 100% Grape Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>7 Grilled Lemon Chicken 2.5oz Wrapped WW Mountain Roll 1ea Corn 1 Cup Apple Sauce Cup 1/2C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>8 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1 Cup 100% Orange Juice 4oz Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>11 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2oz Black Beans 1 cup Shredded Cheddar 1oz Bag Baked Tostitos Scoops 1ea Wrapped Whole Wheat Bread 1ea Fresh Pear 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>12 Meatballs w/ Marinara Sauce 4ea Wrapped WW Mountain Roll 1ea Whole Baby Carrots 1 Cup 100% Orange Juice 4oz Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>13 Macaroni w/ Beef 5oz Wrapped Whole Wheat Bread 2ea Green Beans 1 Cup Fresh Orange 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>14 Chicken w/ Alfredo Sauce 2.5oz Wrapped WW Mountain Roll 1ea Broccoli 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>15 Boxed Lunch Day 1ea Turkey and American Cheese on a WW Hero Roll 3oz Potato Salad 1 cup 100% Grape Juice 4oz Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea</p>
<i>No Lunch</i>	<i>No Lunch</i>	<p>20 Stuffed Shells w/ Marinara Sauce 2ea/4oz Wrapped WW Mountain Roll 1ea Broccoli 1 Cup Fresh Orange 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>21 Crispy Chicken Breast on Whole Wheat Bun 2.5oz Corn 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</p>	<p>22 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1 Cup Apple Sauce Cup 1/2C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>25 W.G Chicken Nuggets 6ea Wrapped WW Mountain Roll 1ea Sliced Carrots 1 Cup Fresh Pear 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>26 Grilled Chicken w/ BBQ Sauce 2.5oz Wrapped WW Mountain Roll 1ea Maple Baked Beans 1 Cup 100% Orange Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>27 Macaroni and Cheese 5oz Wrapped WW Mountain Roll 1ea Broccoli 1 Cup Fresh Tangerine 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>28 Breaded Fish Fillet on a Whole Wheat Bun 1ea Corn 1 Cup 100% Orange Juice 4oz Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Tartar Sauce 1ea</p>	