

Windsor Prep

Lunch

March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  | <i>All of our food is made fresh Daily.</i> | <i>Our Featured Wellness Item of the month is highlighted in orange.</i> |  | |
| | | | | 1 Boxed Lunch Day 1ea Turkey and Provolone Cheese on WW Bread 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 |
| 4 Grilled Chicken Sandwich on a WW Bun 2.5oz Red Beans 1 cup Apple Sauce Cup 1/2C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | 5 W.G Chicken Nuggets 6ea 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 PC Ketchup 1ea | 6 Grilled Cheese on WW Bread 2.5oz Honey Glazed Whole Baby Carrots 1 Cup Fresh Banana 1ea 100% Fruit Punch 4oz Graham Crackers .5oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | 7 Hamburger on WW Hamb Bun 2.8oz Mashed Potatoes 1 Cup Fresh Pear 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | 8 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1 Cup Fresh Banana 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea |
| 11 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Black Beans 1 cup Bag Baked Tostitos Scoops 1ea Wrapped Whole Wheat Bread 1ea 100% Fruit Punch 4oz Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | 12 Crispy Chicken Breast on Whole Wheat Bun 3oz Mashed Potatoes 1 Cup Fresh Pear 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | 13 Stuffed Shells w/ Marinara Sauce 2ea/4oz Wrapped WW Mountain Roll 1ea Honey Glazed Whole Baby Carrots 1 Cup Apple Sauce Cup 1/2C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | 14 Baked Chicken Sticks 10ea- 2.5oz Wrapped Whole Wheat Bread 1ea Broccoli 1 Cup Fresh Banana 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | 15 Boxed Lunch Day 1ea Turkey and American Cheese on WW Bread 3oz Coleslaw 1 Cup Fresh Tangerine 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea |
| 18 Salisbury Steak w/ Gravy 3oz Wrapped WW Mountain Roll 1ea Mashed Potatoes 1 Cup Fresh Orange 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | 19 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 1 Cup Fresh Banana 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | 20 Homemade Ziti w/ Meat Sauce 6oz Wrapped Whole Wheat Bread 1ea Broccoli 1 Cup Fresh Orange 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | 21 Sliced Turkey w/ Gravy 3oz Wrapped WW Mountain Roll 1ea Sliced Carrots 1 Cup Fresh Banana 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | 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% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea |
| 25 Hamburger on WW Hamb Bun 2.8oz 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 | 26 W.G Chicken Nuggets 6ea Wrapped WW Mountain Roll 1ea Corn 1 Cup 100% Apple Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | 27 Beef Ravioli w/ Mozzarella 8ea Wrapped Whole Wheat Bread 2ea Broccoli 1 Cup 100% Grape Juice 4oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz | 28 Grilled Chicken on a WW Bun 2.5oz Maple Baked Beans 1 Cup Fresh Banana 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea | 29 Boxed Lunch Day 1ea Turkey and American Cheese on WW Bread 3oz Coleslaw 1 Cup 100% Fruit Punch 6oz Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea |