



Windsor Prep

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 Homemade Baked Ziti 5oz Wrapped Whole Wheat Bread 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>2 Grilled Chicken on a WW Bun 2.5oz Mashed Potatoes 1 Cup 100% Fruit Punch 4oz Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>		<p>3 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1 Cup 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>6 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2oz Shredded Cheddar 1oz Black Beans 1 cup Bag Baked Tostitos Scoops 1ea Wrapped Whole Wheat Bread 1ea 100% Grape Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>7 Crispy Chicken Breast on Whole Wheat Bun 2.5oz Broccoli 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</p>		<p>8 Homemade Ziti w/ Meat Sauce 5oz 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</p>		<p>9 Cheese Omelet 1ea Wrapped Whole Wheat Bread 1ea Diced Potatoes 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>10 Boxed Lunch Day 1ea Turkey and American Cheese on a WW Hero Roll 3oz Coleslaw 1 Cup Fruit Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea</p>	
<p>13 Salisbury Steak w/ Gravy 3oz Wrapped WW Mountain Roll 1ea Mashed Potatoes 1 Cup 100% Apple Juice 4oz Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>14 W.G Chicken Nuggets 6ea Wrapped Whole Wheat Bread 1ea Whole Baby Carrots 1 Cup Fresh Orange 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>		<p>15 Macaroni w/ Beef 5oz Wrapped WW Mountain Roll 1ea Spinach 1 Cup Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>16 Baked Chicken Patty on a Whole Wheat Bun 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 PC Ketchup 1ea</p>		<p>17 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1 Cup Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>	
<p>20 Grilled Chicken Sandwich on a WW Bun 2.5oz Cowboy Baked Beans 1 Cup 100% Apple Juice 4oz Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>		<p>21 Sliced Turkey w/ Gravy 3oz Wrapped Whole Wheat Bread 1ea Mashed Potatoes 1 Cup 100% Orange Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>22 Lasagna Rollette w/ Marinara Sauce 1ea- 3.5oz Wrapped WW Mountain Roll 1ea Broccoli 1 Cup Fresh Orange 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>23 BBQ Beef Ribbecue on a WW Hamb Bun 2.5oz Sliced Carrots 1 Cup Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>24 Boxed Lunch Day 1ea Turkey and American Cheese on a WW Hero Roll 3oz Coleslaw 1 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea</p>	
<i>No Lunch</i>		<p>28 W.G Chicken Nuggets 6ea Wrapped WW Mountain Roll 1ea Corn 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</p>		<p>29 Homemade Baked Ziti 5oz Wrapped WW Mountain Roll 1ea Spinach 1 Cup Fresh Orange 1ea 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>		<p>30 Grilled Chicken on a WW Bun 2.5oz Maple Baked Beans 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>31 Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Coleslaw 1 Cup 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>	