

## Windsor Prep

### Lunch

August 2019

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 Beef Salami on a Whole Wheat Hero Roll 2.5oz Bagged Baby Carrots 1/2c 100% Orange Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>2 Ham and American Cheese on Whole Wheat 2.5oz Fresh Plum 1ea 100% Grape Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>5 Ham and American Cheese on Whole Wheat 2.5oz Fresh Peach 1ea 100% Fruit Punch 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>6 Turkey on a WW Hero Roll 3oz Fresh Plum 1ea 100% Apple Juice 4oz Fat Free Chocolate Milk 8oz PC Mustard 1ea PC Mayo 1ea</p>	<p>7 Chicken Salad on a Whole Wheat Bun 3oz Bagged Baby Carrots 1/2c Fresh Orange 1ea Fat Free Chocolate Milk 8oz</p>	<p>8 Beef Bologna and American Cheese on a WW Roll 2.5oz Fresh Macintosh Apple 1ea 100% Grape Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>9 Beef Salami on Whole Wheat Bread 2.5oz 100% Orange Juice 4oz Apple Sauce Cup 1/2C Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>
<p>12 Sliced Chicken Breast on a Whole Wheat Bun 2.5oz Fresh Macintosh Apple 1ea 100% Grape Juice 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>13 Beef Bologna on Whole Wheat Roll 2.5oz Fresh Orange 1ea 100% Fruit Punch 4oz Fat Free Chocolate Milk 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>