



# Windsor Prep

## Lunch

March 2024				
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>		
				1 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Orange Juice 4oz Fresh Plum 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea
4 Beef and Cheese Burrito 1ea Red Beans 1 cup Graham Crackers 2pk Apple Sauce Cup 1/2C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	5 W.G Chicken Nuggets 6ea Wrapped Whole Wheat Bread 1ea Sliced Carrots 1 Cup 100% Orange Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	6 Stuffed Shells w/ Marinara Sauce 2ea Wrapped WW Mountain Roll 1ea Broccoli 1 Cup Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	7 French Toast Sticks 3ea-3oz Turkey Sausage Links 3ea Baked Home Fries 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea	8 Boxed Lunches 1ea Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c Apple Sauce Cup 1/2C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea
11 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk Corn 1 Cup Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	12 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 1 Cup 100% Grape Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	13 W.G Waffle 1ea Turkey Sausage Links 3ea Baked Home Fries 1 Cup Fresh Peach 1ea 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea	14 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Whole Baby Carrots 1 Cup 100% Fruit Punch 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	15
18 Hamburger on WW Hamb Bun 1ea Maple Baked Beans 1 Cup Fresh Plum 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	19 Baked Chicken Sticks 10ea- 2.5oz Wrapped Whole Wheat Bread 1ea Mashed Potatoes 1 Cup 100% Orange Juice 4oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	20 Homemade Ziti w/ Meat Sauce 6oz Wrapped WW Mountain Roll 1ea Broccoli 1 Cup Apple Sauce Cup 1/2C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	21 WG Mini Corn Dog Nuggets 6 each Sliced Carrots 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mustard 1ea	22 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c Apple Sauce Cup 1/2C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea
25 Popcorn chicken 3oz Wrapped WW Mountain Roll 1ea Black Beans 1 cup Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC BBQ Sauce 1ea	26 Crispy Chicken Breast on Whole Wheat Bun 3oz Honey Glazed Whole Baby Carrots 1 Cup 100% Orange Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	27 Cheese Ravioli w/ Marinara 3ea Wrapped WW Mountain Roll 1ea Spinach 1 Cup Fresh Peach 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	28 Baked Home Fries 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Maple Syrup PC 1ea W.G Pancakes 2ea Turkey Sausage Links 3ea	29