




Windsor Prep

Lunch

May 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
		Happy Day May Day!		
				1 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 8oz PC Mayo 1ea
4 Crispy Chicken Breast on Whole Wheat Bun 3oz Sliced Carrots 1 Cup Fruit Cup 1/2 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	5 WG French Toast Sticks 3ea-3oz Turkey Sausage Links 3ea Baked Home Fries 1 Cup 100% Grape Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	6 Baked Chicken Tenders 3ea-3.39oz Wrapped WW Hamburger Bun 1ea Broccoli 1 Cup Fresh Apple 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	7 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Bag Baked Tostitos Scoops 1ea Corn/Black Bean Mix 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Salsa PC 1 ea	8 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Coleslaw 1/2 Cup Apple Sauce Cup 1/2C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea
11 Turkey and American Cheese on a Whole Wheat Roll 1ea Large Bag Baby Carrots 3/4c Bagged Baby Carrots 1/2c Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea	12 Popcorn chicken 4oz W.G Waffle 1ea Corn 1 Cup 100% Fruit Punch 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	13 Sweet and Sour Meatballs 3ea Wrapped WW Hot Dog Bun 1ea Spinach 1 Cup Fresh Apple 1ea 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	14 Hamburger on a WW Bun 1ea Maple Baked Beans 1 Cup 100% Orange Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	15 Turkey and American Cheese on Whole Wheat Bread 1ea 3-Bean Salad 1/2c Apple Sauce Cup 1/2C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea
18 WG Macaroni w/ Beef 6oz Wrapped WW Mountain Roll 1ea Mashed Potatoes 1 Cup Fruit Cup 1/2 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	19 Baked Chicken Sticks 10ea- 2.5oz Wrapped WW Mountain Roll 1ea Whole Baby Carrots 1 Cup 100% Orange Juice 4oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC BBQ Sauce 1ea	20 Spaghetti w/ Marinara Sauce 4 oz Meatballs w/ Marinara Sauce 3ea Wrapped Whole Wheat Bread 1ea Broccoli 1 Cup Fresh Orange 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	21 Cheese Quesidilla 3 oz Corn/Red Bean Mix 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Salsa PC 1 ea	22 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Coleslaw 1/2 Cup Apple Sauce Cup 1/2C 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea
	26 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Honey Glazed Whole Baby Carrots 1 1/4 Cup 100% Fruit Punch 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	27 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Spinach 1 Cup Fresh Apple 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	28 Crispy Chicken Breast on Whole Wheat Bun 3oz Maple Baked Beans 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	29 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