

Windsor Prep

Lunch

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		Welcome Back!		
	1 Baked Chicken Patty on a Whole Wheat Bun 1ea Honey Glazed Whole Baby Carrots 1 Cup 100% Orange Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	2 Homemade Baked Ziti 6oz Wrapped Whole Wheat Bread 1ea Broccoli 1 Cup Granny Smith Green Apple 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	3 Beef and Cheese Burrito 1ea Corn/Black Bean Mix 1 Cup 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	4 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
7	8 W.G Chicken Nuggets 6ea Wrapped Whole Wheat Bread 1ea Honey Glazed Whole Baby Carrots 1 Cup 100% Grape Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	9 Cheese Ravioli w/ Marinara 4ea Wrapped WW Mountain Roll 1ea Spinach 1 Cup Fresh Macintosh Apple 1ea 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	10 All Beef Hot Dog on a WW Bun 1ea Maple Baked Beans 1 Cup 100% Fruit Punch 4oz Fresh Banana 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea PC Mustard 1ea	11 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
14 Mozzarella Sticks 5ea Marinara Sauce 2oz Baked Potato Tots 1 Cup Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	15 Baked Chicken Tenders 3ea-3.39oz Wrapped Whole Wheat Bread 1ea Sliced Carrots 1 Cup 100% Orange Juice 4oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Honey Mustard PC .75oz	16 Homemade Baked Ziti 6oz Wrapped WW Mountain Roll 1ea Broccoli 1 Cup Fresh Orange 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	17 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Bag Baked Tostitos Scoops 1ea Shredded Cheddar .5 oz Corn/Red Bean Mix 1 Cup Graham Crackers 2pk 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	18 Turkey Ham and Cheese on WW 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 PC Mustard 1ea
21	22 Baked Chicken Sticks 10ea- 2.5oz Wrapped Whole Wheat Bread 1ea Whole Baby Carrots 1 Cup 100% Grape Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC BBQ Sauce 1ea	23 Teriyaki Meatballs 3ea Wrapped WW Mountain Roll 1ea Broccoli 1 Cup Granny Smith Green Apple 1ea 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	24 WG Cheese Quesadilla 3 oz Maple Baked Beans 1 Cup 100% Fruit Punch 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Salsa PC 1 ea	25 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
28 W.G Pancakes 2ea Turkey Sausage Links 3ea Baked Home Fries 1 Cup Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	29 Popcorn chicken 3.5oz W.G Waffle 1ea Corn/Black Bean Mix 1 Cup 100% Orange Juice 4oz Fresh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea	30 WG Spaghetti w/ Marinara Sauce 6oz Meatballs w/ Marinara Sauce 3ea Wrapped Whole Wheat Bread 1ea Spinach 1 Cup Fresh Pear 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz		