Windsor Prep

Lunch

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 W.G Chicken Nuggets 5ea Broccoli 1 Cup 100% Fruit Punch 4oz Fresh Apple Slices 1 Bag Wrapped Whole Wheat Bread 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Honey Mustard PC .75oz	3 Homemade Baked Ziti 6oz Meatballs w/ Marinara Sauce 3ea Sliced Carrots 1 Cup Cranapple Juice 4oz 100% Fruit Punch 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	4 Chicken and Cheese Tortilla 1ea Corn 1 Cup Plain Applesauce Cup 1/2 Cup Orange Pineapple Juice 4oz Wrapped WW Mountain Roll 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	5	6
9 Baked Chicken Tenders 3ea-3.39oz Mashed Potatoes 1 Cup Graham Crackers 2pk Fresh Orange 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC BBQ Sauce 1ea	10 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Whole Baby Carrots 1 1/4 Cup 100% Fruit Punch 4oz Fresh Apple Slices 1 Bag Fat Free Chocolate or Skim Milk 8oz 1% Milk 8oz	11 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c Strawberry Applesauce Cup 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea	12 WG French Toast Sticks 3ea-3oz Turkey Sausage Links 2ea Baked Potato Tots 1 Cup Fresh Banana 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Maple Syrup PC 1ea	13 Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Orange Juice 4oz Plain Applesauce Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea PC Mustard 1ea
16 Hamburger on a WW Bun 1ea Sliced Carrots 1 Cup 100% Fruit Punch 4oz Fresh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	17 Bean and Cheese Burrito 1ea Black Beans 1 cup Fresh Orange 1ea Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	18 Baked Rosemary Chicken 4oz Mashed Potatoes 1 Cup Cornbread Stuffing 1/2 Cup 100% Fruit Punch 4oz Cinnamon Applesauce Cup 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	19 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 3oz Corn/Red Bean Mix 1 Cup Bag Baked Tostitos Scoops 1ea Shredded Cheddar .5 oz 100% Orange Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	20 Turkey and American Cheese on Whole Wheat Bread 1ea 3-Bean Salad 1/2c 100% Apple Juice 4oz Fruit Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea
23 Crispy Chicken Breast on Whole Wheat Bun 3oz Baked Potato Tots 1 Cup 100% Grape Juice 4oz Fresh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	24 Chicken Potstickers 6 Black Beans 1 cup Fresh Apple Slices 1 Bag 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	25 WG Macaroni w/ Beef 6oz Sliced Carrots 1 Cup Plain Applesauce Cup 1/2 Cup 100% Fruit Punch 4oz Wrapped Whole Wheat Bread 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz		27
30 Baked Chicken Sticks 10ea- 2.5oz Green Beans 1 Cup Wrapped Whole Wheat Bread 1ea 100% Grape Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea				