



January 2022

1:07:42 PM
 Monday, January 3, 2022
 K-8 1
 10545 /

West Village Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Jump Start Breakfast Kit (24) Craisins (28) Milk Choice 8oz	4 Soft Filled Bread WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	5 Granola 1 oz (20) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz	6 Mini Maple Waffle WG (35) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	7 Cheese Stick 1 oz (1) Corn Bread Loaf 2oz WG IW (28) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
10 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz	11 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	12 Scooby Doo Grahams WG (21) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz	13 Quaker Breakfast Rounds WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	14 Soft Filled Bread WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
17 * Closed *	18 Blueberry Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	19 Granola 1 oz (20) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz	20 Bagel WG IW (29) Sun Butter 1oz Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	21 Breakfast Bread Slice WG IW (15) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
24 Cheerios WG Cereal (20) Applesauce Cup 4oz (22) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz	25 Banana Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	26 Scooby Doo Grahams WG (21) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz	27 Lemon Crunch Bar WG (41) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	28 Quaker Breakfast Rounds WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
31 Cinn Chex Cereal WG (23) Applesauce Cup 4oz (22) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz				

**Carb Counts
 included in
 parenthesis ()
 for each item**

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:
 Fat Free White Milk 1/2 Pint (Purple)(12)
 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

Halal Meals:
The main entrée is also served Halal. For menus that do not Have a halal equivalent there will be a different **Halal entrée'.**

*(V) indicates a vegetarian entrée

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January 2022

1:08:19 PM
 Monday, January 3, 2022
 K-8 1
 10534 /

West Village Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Sauce Dip Cup 4oz Salsa Cup 3oz Nacho Chips 2oz WG Vegetable Juice 4oz (13) Craisins (28) Juice Box 4oz Milk Choice 8oz &	4 Lasagna w/marinara WG (V) (28) Green Beans 1/2 c (5) Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz .	5 Chicken Caesar Salad 6oz Potato Salad 3/4 c (24) Muffin 2g-WG Grapes 1/2 c (14) Milk Choice 8oz =	6 Orange Chicken 3.6 oz Brown Rice WG 1/2 c Mixed Veggies 1/2 c (12) Fortune Cookie (8) Juice 100%- 4oz (15) Milk Choice 8oz .	7 Chicken Salad 3oz. Carrots 3/4 cup IW Chilled Fruit 1/2 c Goldfish Grahams WG (19) Dinner Roll WG IW (16) Milk Choice 8oz =
10 Pasta WG/meatballs(5) & sauce Corn 1/2 c (16) Apple Slices 1pkg 1/2c (7) Vegetable Juice 4oz (13) Milk Choice 8oz .	11 Cheeseburger on WG Bun (33) Potato Wedge 3/4 c w/ketchup (25) Mixed Veggies 1/2 c (12) Juice 100%- 4oz (15) Milk Choice 8oz .	12 Nachos 2.6 w/Shr Chez (26) Taco Sauce (1) Mixed Veggies 1/2 c (12) Nacho Chips 1.5 oz WG (20) Banana 1 ea (34) Salsa 2oz (4) Milk Choice 8oz .	13 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c (24) Chef Choice Vegetable Juice 100%- 4oz (15) Milk Choice 8oz .	14 Turkey & Cheese on WG Bun (22) Carrots 3/4 cup IW Fresh Fruit (22) Cheez -its WG (14) Milk Choice 8oz .
17 * Closed *	18 Turkey & Cheese on WG Bun (22) Carrots 3/4 cup IW Vanilla Chats (19) Juice 100%- 4oz (15) Milk Choice 8oz .	19 BBQ Meatballs 2oz (5) (20) Mixed Veggies 1/2 c (12) Baked Beans 1/2 c (22) Fresh Fruit (22) Dinner Roll WG IW (16) Milk Choice 8oz .	20 Buffalo Chicken Salad 3oz Whole Wheat Crackers 2 pkg Grape Tomatoes (5) 1/2 c (4) Vegetable Juice 4oz (13) Fresh Fruit (22) Dinner Roll WG IW (16) Milk Choice 8oz ^	21 Nachos 2oz w/Chez Sauce Refried Beans & Cheese 1/2c (80) Corn 1/2 c (16) Nacho Chips 2 oz WG IW (40) Juice 100%- 4oz (15) Milk Choice 8oz .
24 Chili w/beans/ Mac WG 6 oz Corn Bread Loaf 2oz WG IW (28) Corn 1/2 c (16) Apple Slices 1pkg 1/2c (7) Vegetable Juice 4oz (13) Milk Choice 8oz .	25 Swedish Meatballs (5) (8) Mashed Potatoes & Gravy 1/2c Corn 1/2 c (16) Fruit & Oat Cobbler Dinner Roll WG IW (16) Milk Choice 8oz .	26 Hot Dog on WG Bun (20) Diced Potatoes 3/4 c (24) Baked Beans 1/2 c (22) Juice 100%- 4oz (15) Milk Choice 8oz .	27 Grilled Cheese Sandwich (V) (37) Dill Pickle Spear IW (2) Apple Slices 1pkg 1/2c (7) Goldfish Crackers WG (28) Juice 100%- 4oz (15) Milk Choice 8oz .	28 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c (24) Mixed Veggies 1/2 c (12) Fresh Fruit (22) Milk Choice 8oz .
31 Pull Apart - Queso Carrots 1/2 c (9) Apple Slices 1pkg 1/2c (7) Vegetable Juice 4oz (13) Goldfish Crackers WG (28) Milk Choice 8oz .				

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Milk Carbs:
 Fat Free White Milk 1/2 Pint (Purple)(12)
 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)
 1% White Milk 1/2 Pint (Green)(12)

Halal Meals:
 The main entrée is also served Halal. For menus that do not have a halal equivalent there will be a different **Halal entrée**.

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January 2022

1:08:00 PM
 Monday, January 3, 2022
 K-8 1
 10530 /

West Village Academy- Halal-Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salsa Cup 3oz Cheese Sauce Dip Cup 4oz Nacho Chips 2oz WG Vegetable Juice 4oz (13) Craisins (28) Juice Box 4oz Milk Choice 8oz &	4 Lasagna w/marinara WG (V) (28) Carrots Cooked 1/2 C Green Beans 1/2 c (5) Fresh Fruit (22) Milk Choice 8oz =	5 Chicken Caesar Salad Halal Muffin 2g-WG Potato Salad 3/4 c (24) Grapes 1/2c (23) Milk Choice 8oz ^	6 Orange Chicken 3.6 oz HL Brown Rice WG 1/2 c Mixed Veggies 1/2 c (12) Fortune Cookie (8) Juice 100%- 4oz (15) Milk Choice 8oz =	7 Chicken Salad (HL) 3 oz Carrot Coins 1/2 c (9) Chilled Fruit 1/2 c Goldfish Grahams WG (19) Dinner Roll WG on the side (16) ^
10 Meatballs 2oz (HL) over pasta WG 4oz. Green Beans 1/2 c (5) Fruit & Oat Cobbler Milk Choice 8oz =	11 Cheeseburger on WG Bun (HL) (33) Roasted Red Potato (1) 1/2c (20) Broccoli 1/2 c & Cheese (12) Juice 100%- 4oz (15) Milk Choice 8oz =	12 Nachos 2oz w/shred chez (HL) Mixed Veggies 1/2 c (12) Cinnamon Apples 1/2 c Nacho Chips 2 oz WG IW (40) Milk Choice 8oz =	13 Chicken Patty w/Cheese HL Diced Potatoes 3/4 c (24) Chef Choice Vegetable Fresh Fruit (22) Milk Choice 8oz =	14 Pull Apart - Queso Carrot Coins 1/2 c (9) Fresh Fruit (22) Cheez -its WG (14) &
17 * Closed *	18 Turkey & Gravy 4 oz (3) Rice Pilaf WG 1/2c (25) Corn 1/2 c (16) Fresh Fruit Mix (20) Milk Choice 8oz	19 BBQ Meatballs HL (2) Mixed Veggies 1/2 c (12) Baked Beans -Halal 1/2 C (22) Applesauce Cup 4oz (22) Dinner Roll WG on the side (16) Milk Choice 8oz =	20 Buffalo Chicken Salad (HL) Whole Wheat Crackers 1 pkg Carrots 3/4 cup IW Grape Tomatoes (5) 1/2 c (4) Craisins (28) Dinner Roll WG on the side (16) Milk Choice 8oz ^	21 Nachos 2oz w/chez sauce(HL) Refried Beans & Cheese 1/2c (80) Corn 1/2 c (16) Nacho Chips 2 oz WG IW (40) Juice 100%- 4oz (15) Milk Choice 8oz =
24 Chili w/beans 4 oz HL over pasta WG 4oz. Corn Bread Loaf 2oz WG IW (28) Carrots Cooked 1/2 C Corn 1/2 c (16) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz =	25 Meatballs 2oz (HL) Mashed Potatoes & Gravy 1/2c Corn 1/2 c (16) Fruit & Oat Cobbler Dinner Roll WG on the side (16) Milk Choice 8oz =	26 Hot Dog on a WG bun (HL) Diced Potatoes 3/4 c (24) Baked Beans 1/2 c (22) Juice 100%- 4oz (15) Milk Choice 8oz =	27 Pull Apart - Queso Apple Slices 1pkg 1/2c (7) Goldfish Crackers WG (28) Juice 100%- 4oz (15) Milk Choice 8oz &	28 Build Your Pizza WG Pizza Sauce 2oz IW (7) Vegetable Juice 4oz (13) Applesauce Cup 1/2 c (22) Milk Choice 8oz =
31 Cheeseburger WG Bun HL Tater Tots 1/2 c (11) Dill Pickle Spear IW (2) Fresh Fruit Mix (20) Milk Choice 8oz =				

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Milk Carbs:
 Fat Free White Milk 1/2 Pint (Purple)(12)
 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

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