



October 2022

10:08:47 AM
 Monday, September 26, 2022
 K-8 1

10781 /

West Village Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bagel WG IW (29) Cream Cheese (1) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	4 Granola 1 oz (20) Yogurt 4oz- Trix (15) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	5 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	6 Mini Blueberry Waffle WG (36) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	7 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
10 Snack n Waffle WG (41) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	11 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	12 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	13 Mini Cini -(Cold)WG (40) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	14 Cereal WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
17 Applestick WG Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	18 Soft Filled Bread WG (41) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	19 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	20 Mini Pancakes WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	21 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
24 Snack n Waffle WG (41) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	25 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	26 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	27 Fruit & Fiber Round IW (44) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	28 Cereal WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
31 * Closed *				

**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

This institution is an equal opportunity provider.



October 2022

10:09:10 AM
 Monday, September 26, 2022
 K-8 1
 10804 /

West Village Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 French Tst Stx WG (3) (55) Yogurt 4 oz (16) Diced Potatoes 3/4 c (24) Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz (13-20) .	4 Nachos 2.6 w/Shr Chez (26) Mexican Style Beans 1/2 c (21) Tortilla Chips (1.25Br)WG (19) Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz (13-20) .	5 Cheese Pizza WG (V) (32) Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Doritos (RF) (20) Fresh Fruit (22) Milk Choice 8oz (13-20) .	6 Turkey Ham & Cheese Roll up (21) Oatmeal Chocolate Chip Bar (24) Carrot Coins 1/2 c (9) Fresh Fruit Mix (20) Milk Choice 8oz (13-20) &	7 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c (24) Orange (21) Milk Choice 8oz (13-20) .
10 Cheeseburger on WG Bun (33) Potato Wedge 1/2 c (17) Baked Beans 1/2 c (22) Fresh Fruit Mix (20) Milk Choice 8oz (13-20) .	11 Lasagna w/marinara WG (V) (28) Mixed Veggies 1/2 c (12) Fresh Fruit (22) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) .	12 Turkey & Chez - WGHawaiiin bun Cheese Stick 1 oz (1) Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Fresh Fruit Mix (20) Milk Choice 8oz (13-20) &	13 Chicken Salad Cup 3 oz IW Crunch n Crave Crackers WG Carrot Coins 1/2 c w/dip (10) Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz (13-20) &	14 Cheese Pizza WG (V) (32) Romaine Salad 1c Vegetable Juice 4oz (13) Strawberry Cup Chilled 4oz Milk Choice 8oz (13-20) .
17 Pancake & Tky Sausage Wrp WG Diced Potatoes 1/2 c w/ket. (18) Vegetable Juice 4oz (13) Clementine Milk Choice 8oz (13-20) .	18 Chicken Patty w/Chz WG bun (42) Dill Pickle Chips (5) 1/4c Vegetable Juice 4oz (13) Doritos Cool Ranch (RF) (19) Fresh Fruit (22) Milk Choice 8oz (13-20) .	19 Nachos 2.6 w/Shr Chez (26) Refried Beans & Cheese 1/2c (80) Tortilla Chips (1.25Br)WG (19) Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz (13-20) .	20 Chicken Caesar Cup 3oz IW Carrots 3/4 cup IW (12) Whole Wheat Crackers 1 pkg Fresh Fruit Mix (20) Fritos WG (12) Milk Choice 8oz (13-20) &	21 Cheese Pizza WG (V) (32) Romaine Salad 1c Carrot Coins 1/2 c (9) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) .
24 Swedish Meatballs (5) (8) Mashed Potatoes 1/2 c (16) Carrots 1/4 c (3) Grapes 1/2 c (14) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) .	25 BBQ Chicken Piece 1 ea (20) Corn Bread Loaf 2oz WG IW (28) Baked Beans 1/2 c (22) Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz (13-20) .	26 Turkey Pot Pie 6 oz (62) Mashed Potatoes 1/2 c (16) Mandarin Oranges 1/2 c (13) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) .	27 Roast Beef & Cheddar on a Bun Dill Pickle Chips(10) 1/2c Grape Tomatoes (5) 1/2 c (4) Doritos (RF) (20) Clementine Milk Choice 8oz (13-20) =	28 Cheese Pizza WG (V) (32) Romaine Salad 1c Celery Sticks 1/2 c Juice 100%- 4oz (15) Milk Choice 8oz (13-20) .
31 * Closed *				

Carb Counts
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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'.

*(V) indicates a vegetarian entrée

This institution is an equal opportunity provider.



November 2022

1:52:06 PM

Monday, October 24, 2022

K-8 1

10840 /

West Village Academy- Halal-Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Nuggets (HL) AuGratin Potatoes 1/2 c (25) Chef Choice Vegetable (12) Corn Bread Loaf 2oz WG IW (28) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) =	2 Pasta w/Meatball & mar. (HL) (41) Mixed Veggies 1/2 c (12) Apple (19) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) =	3 Chicken Shawerma Pita (HL) Carrot Coins 1/2 c (9) Hummus Dip 1/4c ER IW Vegetable Juice 4oz (13) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz (13-20) &	4 Cheese Pizza WG (V) (32) Carrot Coins 1/2 c (9) Spinach Rom Bean Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &
7 Grilled Cheese Sandwich (V) (37) Dill Pickle Spear IW (2) Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz (13-20) &	8 *Closed*	9 Chicken & Gravy (HL) 3oz Mashed Potatoes 1/2 c (16) Mixed Veggies 1/2 c (12) Fresh Fruit (22) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) =	10 Calzone WG 2M 2B Marinara Cup 3 oz IW Vegetable Juice 4oz (13) Cheez -its WG (14) Orange (21) Milk Choice 8oz (13-20) &	11 Cheese Pizza WG (V) (32) Spinach Salad 1c Strawberry Cup Chilled Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &
14 Chicken Tenders (2)(HL) (10) Diced Potatoes 3/4 c (24) Fresh Fruit (22) Milk Choice 8oz (13-20) =	15 Asian Chicken 3.6oz (HL) (13) Brown Rice WG 1/2 c Green Beans 3/4 C (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) =	16 Cheese Dip Cup 3oz (9) Salsa Cup 3oz IW (6) (4) Vegetable Juice 4oz (13) Applesauce Cup 4oz (22) Tortilla Chips (1.25Br)WG (19) Fresh Fruit (22) Milk Choice 8oz (13-20) &	17 Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Carrot Coins 1/2 c (9) Craisins (28) Sun Chips WG (19) Milk Choice 8oz (13-20) &	18 Cheese Pizza WG (V) (32) Romaine Salad 1c Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &
21 Pull Apart - Queso (33) Salsa Cup 3oz Vegetable Juice 4oz (13) Fresh Fruit (22) Baked Tostitos WG (19) Milk Choice 8oz (13-20) &	22 * Closed *	23 *Closed*	24 *Closed*	25 *Closed*
28 French Tst Stx WG (3) (55) Cheese Stick 1 oz (1) Yogurt 4 oz (16) Diced Potatoes 3/4 c (24) Orange Juice 4 oz (13) Milk Choice 8oz (13-20)	29 Bean & Cheese Burrito(V) (56) Refried Beans & Cheese 1/2c (80) Chef Choice Vegetable (12) Salsa Cup 3oz IW (6) (4) Tortilla Chips (1.25Br)WG (19) Fresh Fruit Mix (20) Milk Choice 8oz (13-20) =	30 Chicken Patty w/Cheese HL Diced Potatoes 3/4 c (24) Orange (21) Milk Choice 8oz (13-20) =		

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

*(V) indicates a vegetarian entree

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November 2022

1:52:27 PM

Monday, October 24, 2022

K-8 1

10833 /

West Village Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tenders (14)(2) AuGratin Potatoes 1/2 c (25) Corn Bread Loaf 2oz WG IW (28) Vegetable Juice 4oz (13) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	2 Pasta WG/meatballs(5) & sauce Corn 1 c Fresh Fruit (22) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20)	3 Italian Wrap WG Salsa Cup 3oz IW (6) (4) Dill Pickle Spear IW (2) Baked Tostitos WG (19) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &	4 Cheese Pizza WG (V) (32) Carrot Coins 1/2 c (9) Spinach Rom Bean Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
7 Grilled Cheese Sandwich (V) (37) Dill Pickle Chips(10) 1/2c Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz (13-20)	8 *Closed*	9 Turkey & Gravy 4 oz (3) Mashed Potatoes 1/2 c (16) Mixed Veggies 1/4 c Fresh Fruit (22) Dinner Roll WG on the side (10) Milk Choice 8oz (13-20)	10 Calzone WG 2M 2B Marinara Cup 3 oz IW Vegetable Juice 4oz (13) Orange (21) Cheez -its WG (14) Milk Choice 8oz (13-20) &	11 Cheese Pizza WG (V) (32) Spinach Salad 1c Strawberry Cup Chilled Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
14 Cheeseburger on WG Bun (33) Diced Potatoes 3/4 c (24) Fresh Fruit (22) Milk Choice 8oz (13-20)	15 Asian Chicken 3.6 oz (13) Brown Rice WG 1/2 c Green Beans 3/4 C (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	16 Taco Stick WG Mexican Style Beans 1/2 c (21) Applesauce Cup 4oz (22) Tortilla Chips (1.25Br)WG (19) Salsa 2oz (4) Milk Choice 8oz (13-20)	17 Turkey & Chez - WG Hawaiian bun Cheese Stick 1 oz (1) Carrot Coins 1/2 c (9) Craisins (28) Sun Chips WG (19) Milk Choice 8oz (13-20) &	18 Cheese Pizza WG (V) (32) Romaine Salad 1c Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
21 Roast Beef & Cheddar on a Bun Dill Pickle Chips (5) 1/4c Chilled Fruit 1/2 c Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	22 * Closed *	23 *Closed*	24 *Closed*	25 *Closed*
28 Breakfast Sandwich WG Yogurt 4 oz (16) Diced Potatoes 3/4 c (24) Orange Juice 4 oz (13) Milk Choice 8oz (13-20)	29 Nachos 2.6 w/Shr Chez (26) Mexican Style Beans 1/2 c (21) Tortilla Chips (1.25Br)WG (19) Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz (13-20)	30 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c (24) Orange (21) Milk Choice 8oz (13-20)		

Carb Counts included in parenthesis () for each item

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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:
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November 2022

2:07:08 PM
 Monday, October 24, 2022
 K-8 1

West Village Academy Breakfast

10820 /

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Granola 1 oz (20) Yogurt 4 oz. (19) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	2 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	3 Mini Blueberry Waffle WG (36) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	4 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
7 Snack n Waffle WG (41) Applesauce Cup 1/2 c (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	8 *Closed*	9 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	10 Soft Filled Bread WG (41) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	11 Cereal WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
14 Pillsbury Apple Frudel WG(42) (36) Strawberry Cup Chilled Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	15 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	16 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	17 Mini Pancakes WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	18 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
21 Snack n Waffle WG (41) Applesauce Cup 1/2 c (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	22 * Closed *	23 *Closed*	24 *Closed*	25 *Closed*
28 Bagel WG IW (29) Cream Cheese (1) Applesauce Cup 1/2 c (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	29 Granola 1 oz (20) Yogurt 4oz- Trix (15) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	30 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)		

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

Halal Meals:

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