



December 2022

1:55:10 PM

Friday, November 18, 2022

K-8 1

10854 /

West Village Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mini Blueberry Waffle WG (36) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	2 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
5 Snack n Waffle WG (41) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	6 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	7 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	8 Mini Cini -(Cold)WG (40) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	9 Cereal WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
12 Applestick WG Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	13 Soft Filled Bread WG (41) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	14 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	15 Mini Pancakes WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	16 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
19 Snack n Waffle WG (41) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	20 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	21 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	22 Fruit & Fiber Round IW (44) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	23 * Closed *
26 *Closed*	27 *Closed*	28 *Closed*	29 *Closed*	30 * 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 entree

This institution is an equal opportunity provider.



December 2022

1:55:47 PM

Friday, November 18, 2022

K-8 1

10862 /

West Village Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Meatballs 2oz (5) (20) Oatmeal Chocolate Chip Bar (24) Carrot Coins 1/2 c (9) Mashed Potatoes 3/4 C Fresh Fruit Mix (20) Milk Choice 8oz (13-20)	2 Cheese Pizza WG (V) (32) Spinach Blend Salad 1c (8) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
5 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)	6 Chicken Salad Cup 3 oz IW Crunch n Crave Crackers WG Carrot Coins 1/2 c w/dip (10) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20)	7 Turkey & Chez on Crossiant IW Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) (13) Fresh Fruit Mix (20) Milk Choice 8oz (13-20)	8 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)	9 Cheese Pizza WG (V) (32) Romaine Salad 1c Strawberry Cup Chilled Vegetable Juice 4oz (13) (13) Milk Choice 8oz (13-20)
12 Pancake & Tky Sausage Wrp WG Diced Potatoes 1/2 c w/ket. (18) Vegetable Juice 4oz (13) (13) Clementine Milk Choice 8oz (13-20)	13 Chicken Patty w/Chz WG bun (42) Dill Pickle Chips (5) 1/4c Vegetable Juice 4oz (13) (13) Doritos Cool Ranch (RF) (19) Fresh Fruit (22) Milk Choice 8oz (13-20)	14 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)	15 Chicken Caesar Cup 3oz IW Whole Wheat Crackers 1 pkg Carrots 3/4 cup IW (12) Fresh Fruit Mix (20) Fritos WG (12) Milk Choice 8oz (13-20)	16 Cheese Pizza WG (V) (32) Romaine Salad 1c Carrot Coins 1/2 c (9) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
19 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)	20 BBQ Chicken Slices 2.6oz (20) Corn Bread Loaf 2oz WG IW (28) Baked Beans 1/2 c (22) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20)	21 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)	22 Roast Beef & Cheddar/Bun (25) Dill Pickle Chips(10) 1/2c Grape Tomatoes (5) 1/2 c (4) Doritos (RF) (20) Clementine Milk Choice 8oz (13-20)	23 * Closed *
26 *Closed*	27 *Closed*	28 *Closed*	29 *Closed*	30 * Closed *

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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:
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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