



# March 2023

3:11:33 PM

Friday, February 17, 2023

K-8 1

10951 /

## West Village Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>2</b> Soft Filled Bread WG (41) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>3</b> Cereal WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
<b>6</b> Muffin 2g-WG (31) Applesauce Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>7</b> Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>8</b> Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>9</b> Mini Pancakes WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>10</b> Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
<b>13</b> Snack n Waffle WG (41) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>14</b> Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>15</b> Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>16</b> Fruit & Fiber Round IW (44) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>17</b> Cereal WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
<b>20</b> Bagel WG IW (29) Cream Cheese (1) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>21</b> Granola 1 oz (20) Yogurt 4oz- Trix (15) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>22</b> Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>23</b> Mini Blueberry Waffle WG (36) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>24</b> * Closed *
<b>27</b> *Closed*	<b>28</b> *Closed*	<b>29</b> *Closed*	<b>30</b> *Closed*	<b>31</b> *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

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# March 2023

3:12:18 PM  
 Friday, February 17, 2023  
 K-8 1  
 10964 /

## West Village Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Turkey & Gravy 4 oz (3) Brown Rice WG 1/2 c Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20)	<b>2</b> Roast Beef & Cheese on WG Carrots 1/2 c in tray Dill Pickle Chips (5) 1/4c Goldfish Grahams WG (19) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) ^	<b>3</b> Cheese Pizza WG (V) (32) Spinach Salad 1c Strawberry Cup Chilled 4oz Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
<b>6</b> Cheeseburger on WG Bun (33) Diced Potatoes 3/4 c (24) Fresh Fruit (22) Milk Choice 8oz (13-20)	<b>7</b> 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)	<b>8</b> Taco Stick WG (32) 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)	<b>9</b> Turkey & Cheese on WG Bun (22) Grape Tomatoes (5) 1/2 c (4) Dill Pickle Chips (5) 1/4c Goldfish Grahams WG (19) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) ^	<b>10</b> Cheese Pizza WG (V) (32) Romaine Salad 1c Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
<b>13</b> Hot Dog on WG Bun (20) Baked Beans 1/2 c (22) Vegetable Juice 4oz (13) (13) Orange (21) Milk Choice 8oz (13-20)	<b>14</b> Meat Ball Sub (4)(24) Corn 1/2 c (16) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20)	<b>15</b> Chicken Tenders (14)(2) Potato Wedge 3/4 c w/ketchup (25) Betty Crocker Oat Bar WG (23) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	<b>16</b> Chef Salad w/chicken & Chz Craisins (28) Chilled Fruit 1/2 c Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) ^	<b>17</b> Cheese Pizza WG (V) (32) Romaine Salad 1c Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20)
<b>20</b> Pancake & Tky Sausage WG (17) Diced Potatoes 3/4 c (24) Goldfish Grahams WG (19) Orange Juice 4 oz (13) Milk Choice 8oz (13-20)	<b>21</b> 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)	<b>22</b> Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c (24) Fritos Fun Size (12) Orange (21) Milk Choice 8oz (13-20)	<b>23</b> BBQ Meatballs 2oz (5) (20) Oatmeal Chocolate Chip Bar (24) Mashed Potatoes 3/4 C Carrot Coins 1/2 c (9) Fresh Fruit Mix (20) Milk Choice 8oz (13-20)	<b>24</b> * Closed *
<b>27</b> *Closed*	<b>28</b> *Closed*	<b>29</b> *Closed*	<b>30</b> *Closed*	<b>31</b> *Closed*

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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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# March 2023

3:11:59 PM

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K-8 1

10961 /

## West Village Academy- Halal-Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Carrot Coins 1/2 c (9) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &	<b>2</b> Chicken Salad 4oz Crunch n Crave Crackers WG Carrots 3/4 cup IW (12) Mandarin Oranges 1/2 c (13) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) ^	<b>3</b> Pepperoni & Moz Roll(HL) (21) Carrot Coins 1/2 c (9) Marinara Cup 3 oz IW Baked Chips Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &
<b>6</b> Pull Apart - Queso (33) Salsa Cup 3oz Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Baked Tostitos WG (19) Milk Choice 8oz (13-20) &	<b>7</b> Pepperoni & Moz Roll(HL) (21) Carrots 3/4 cup IW (12) Marinara Cup 3 oz IW Apple Slices 1pkg 1/2c (7) Milk Choice 8oz (13-20) &	<b>8</b> Cheese Dip Cup 3oz (9) Salsa Cup 3oz IW (6) (4) Applesauce Cup 4oz (22) Vegetable Juice 4oz (13) (13) Baked Tostitos WG (19) Milk Choice 8oz (13-20) &	<b>9</b> Turkey & Cheese on WG Bun (22) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Cheez -its WG (14) Milk Choice 8oz (13-20) &	<b>10</b> Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Carrot Coins 1/2 c (9) Fresh Fruit (22) Chef Treat WG 1gr (12) Milk Choice 8oz (13-20) &
<b>13</b> Pull Apart - Queso (33) Salsa Cup 3oz Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Baked Tostitos WG (19) Milk Choice 8oz (13-20) &	<b>14</b> Turkey & Cheese on WG Bun (22) Carrots 1/2 c (9) Fresh Fruit (22) Chef Treat WG 1gr (12) Milk Choice 8oz (13-20) &	<b>15</b> Sun Butter 1oz Breakfast Bread Slice WG IW (15) Granola 1 oz (20) Yogurt 4 oz. (19) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) &	<b>16</b> Buffalo Chicken Salad 3oz IW (15) Crunch n Crave Crackers WG Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) &	<b>17</b> Pepperoni & Moz Roll(HL) (21) Marinara Cup 3 oz IW Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &
<b>20</b> Sun Butter 1oz Breakfast Bread Slice WG IW (15) Granola 1 oz (20) Vegetable Juice 4oz (13) (13) Yogurt 4oz- Trix (15) Fresh Fruit (22) Milk Choice 8oz (13-20) &	<b>21</b> Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Sun Chips WG (19) Milk Choice 8oz (13-20) &	<b>22</b> Pepperoni & Moz Roll(HL) (21) Carrots 3/4 cup IW (12) Marinara Cup 3 oz IW Dick and Jane Snack WG Sunflower Seeds 1oz Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &	<b>23</b> Chicken Caesar Cup 3oz IW Crunch n Crave Crackers WG Carrots 3/4 cup IW (12) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &	<b>24</b> * Closed *
<b>27</b> *Closed*	<b>28</b> *Closed*	<b>29</b> *Closed*	<b>30</b> *Closed*	<b>31</b> *Closed*

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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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