



May 2023

11:00:50 AM
 Tuesday, April 25, 2023
 K-8 1

West Village Academy Lunch

11014 /

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 1 Cheeseburger on WG Bun (33) Diced Potatoes 3/4 c (24) Fresh Fruit (22) Milk Choice 8oz (13-20) . | 2 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) . | 3 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) . | 4 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) ^ | 5 Cheese Pizza WG (V) (32) Romaine Salad 1c Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) . |
| 8 Hot Dog on WG Bun (20) Baked Beans 1/2 c (22) Vegetable Juice 4oz (13) (13) Orange (21) Milk Choice 8oz (13-20) . | 9 Meat Ball Sub (4)(24) Corn 1/2 c (16) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) . | 10 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) . | 11 Cheese Pizza WG (V) (32) Romaine 1 c Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) . | 12 * Closed * |
| 15 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) . | 16 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) . | 17 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c (24) Fritos Fun Size (12) Orange (21) Milk Choice 8oz (13-20) . | 18 BBQ Meatballs 2oz (4) (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) . | 19 Cheese Pizza WG (V) (32) Spinach Blend Salad 1c (8) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) . |
| 22 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) . | 23 Calzone WG 2M 2B Marinara Cup 3 oz IW Mixed Veggies 1/2 c (12) Fresh Fruit (22) Milk Choice 8oz (13-20) . | 24 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) & | 25 Cheese Pizza WG (V) (32) Romaine 1 c Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) . | 26 *Closed* |
| 29 *Closed* | 30 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) . | 31 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) . | | |

**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)
 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.



May 2023

11:01:11 AM
Friday, April 21, 2023
K-8 1

West Village Academy Breakfast

11025 /

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 1 Muffin 2g-WG (31) Applesauce Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 2 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 3 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 4 Mini Pancakes WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 5 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 8 Snack n Waffle WG (41) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 9 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 10 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 11 Fruit & Fiber Round IW (44) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 12 * Closed * |
| 15 Bagel WG IW (29) Cream Cheese (1) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 16 Granola 1 oz (20) Yogurt 4oz- Trix (15) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 17 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 18 Mini Blueberry Waffle WG (36) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 19 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 22 Snack n Waffle WG (41) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 23 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 24 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 25 Mini Cini -(Cold)WG (40) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 26 *Closed* |
| 29 *Closed* | 30 Soft Filled Bread WG (41) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 31 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | | |

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