



# September 2023

## West Village Academy Breakfast

9:25:31 AM  
 Wednesday, August 30, 2023  
 K-8 1

11144 /

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *Closed*
4 * Closed *	5 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	6 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	7 Fruit & Fiber Round IW (44) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	8 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
11 Bagels Mini, Strawberry WG (41) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	12 Granola 1 oz (20) Yogurt 4 oz. (19) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	13 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	14 Waffle, Belguim WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	15 Benefit Breakfast Bar WG (48) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)
18 Cereal Bar WG (30) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	19 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	20 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	21 Soft Filled Bread WG (41) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	22 *Closed*
25 Muffin 2g-WG (31) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	26 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	27 Cereal WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	28 Muffin 2g-WG (31) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20)	29 Benefit Breakfast Bar WG (48) Banana 1 ea (34) Juice 100%- 4oz (15) 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)

**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.



# September 2023

## West Village Academy Lunch

9:27:03 AM  
 Wednesday, August 30, 2023  
 K-8 1

11134 /

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *Closed*
4 * Closed *	5 Cheese Pizza WG (V) (32) Vegetable Juice 4oz (13) (13) Doritos Fun Size (10) Fresh Fruit (22) Milk Choice 8oz (13-20) &	6 Pull Apart - Queso (33) Marinara Cup 3 oz IW Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) &	7 Cheese Dip Cup 3oz (9) Salsa Cup 3oz Craisins (28) Nachos Chips 2 oz WG IW (40) Sunflower Seeds 1oz Juice 100%- 4oz (15) Milk Choice 8oz (13-20) &	8 Turkey & Chez on Crossiant IW Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Cheez -its WG (14) Milk Choice 8oz (13-20) &
11 Breakfast Burrito WG ER (23) Diced Potatoes 3/4 c (24) Yogurt 4 oz (16) Orange Juice 4 oz (13) Milk Choice 8oz (13-20) .	12 Chicken Tenders (14)(2) AuGratin Potatoes 1/2 c (25) Corn Bread Loaf 2oz WG IW (28) Vegetable Juice 4oz (13) (13) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) .	13 Pasta WG/meatballs(5) & sauce Carrots Cooked 1/2 C Fresh Fruit (22) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) .	14 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) &	15 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) .
18 Grilled Cheese Sandwich (V) (37) Dill Pickle Spear IW (2) Vegetable Juice 4oz (13) (13) Fritos Fun Size (12) Fresh Fruit (22) Milk Choice 8oz (13-20) .	19 Nachos 2.6 w/Shr Chez (26) Mexican Style Beans 1/2 c (21) Tortilla Chips (1.25Br)WG (19) Salsa 2oz (4) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) .	20 Turkey & Gravy 4 oz (3) Brown Rice WG 1/2 c Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) .	21 Chicken Patty w/Chz WG bun (42) Dill Pickle Chips(10) 1/2c Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Chef Treat WG 1gr (12) Milk Choice 8oz (13-20) ^	22 *Closed*
25 Cheeseburger on WG Bun (33) Diced Potatoes 3/4 c (24) Fresh Fruit (22) Milk Choice 8oz (13-20) .	26 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) .	27 Taco Stick WG (32) Mexican Style Beans 1/2 c (21) Applesauce Cup 4.5 oz (22) Tortilla Chips (1.25Br)WG (19) Salsa 2oz (4) Milk Choice 8oz (13-20) .	28 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) ^	29 Cheese Pizza WG (V) (32) Romaine Salad 1c Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) .

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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 entree

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