



May 2017

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Tuesday, April 18, 2017

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West Village Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancake & Tky Sausage Wrap (21) Diced Potatoes 1/2 c w/ket. (18) Apple (19) Vegetable Juice 4 oz (13) Milk Choice 8oz Milk Strawberry (20)	2 Asian Chicken Bowl 2 oz (13) Soy Sauce (0) Banana 1 ea (34) Stir Fry Veggies 3/4 c (5) Fortune Cookie (8) Milk Choice 8oz	3 Turkey w/cheese/let on WG bun (29) Carrot Coins 1/2 c (9) Hummus 1/4 c ER Grapes 1/2 c (14) Sun Chips (19) Milk Choice 8oz	4 Chk Soft Taco w/Let & chez (17) Refried Beans & Cheese 1/2c (22) Tortilla Chips 1.75BR Banana 1 ea (34) Salsa 2 oz (4) Milk Choice 8oz	5 Cheese Pizza WG (V) (32) Cinco De Mayo Treat Caesar Salad 1 c (4) Grape Tomatoes 1/4 c (3) Juice 100%- 4oz (15) Milk Choice 8oz
8 Corn Dog (1) Baked Beans 1/2 c (22) Celery Sticks 1/4 c (1) Orange (21) Milk Choice 8oz	9 Pasta w/meatballs (5) & sauce Caesar Salad 1 c (4) Fresh Fruit Mix (20) Dinner Roll WG (16) Milk Choice 8oz	10 Chef Salad w/chicken & Chz Carrot Coins 1/2 c w/dip (10) Banana 1 ea (34) Goldfish Crackers WG (28) Milk Choice 8oz	11 Boneless Chicken Wings 3ea Potato Wedge 1/2 c w/ketchup (17) Carrots 1/4 c (3) Betty Crocker Choc Bar WG (23) Juice 100%- 4oz (15) Milk Choice 8oz	12 Cheese Pizza WG (V) (32) Garden Salad 1 c (17) Grape Tomatoes 1/4 c (3) Juice 100%- 4oz (15) Milk Choice 8oz
15 Mini Cini -(warm) (40) Turkey Sausage Patty (1 ea) (1) Diced Potatoes 3/4 c w/ket. (24) Orange Juice 4 oz Milk Choice 8oz Milk Strawberry (20)	16 Chicken Patty w/Chz WG bun (42) Diced Potatoes 1/2 c w/ket. (18) Celery Sticks 1/4 c (1) Orange (21) Milk Choice 8oz	17 Pepperoni(Tky) & Moz Roll (21) Pizza Sauce IW (4) Carrot Coins 1/2 c w/dip (10) Doritos Cool Ranch (RF) (19) Fresh Fruit Mix (20) Milk Choice 8oz	18 Tky Nachos 2 oz w/cheese (20) Refried Beans & Cheese 1/2c (22) Tortilla Chips 1.75BR Fresh Fruit Mix (20) Salsa 2 oz (4) Milk Choice 8oz	19 Cheese Pizza WG (V) (32) Carrots 1/4 cup /pkg (3) Rom. & Spinach Salad 1 c (11) Juice 100%- 4oz (15) Milk Choice 8oz
22 Cheeseburger Hoagie (57) Potato Wedge 1/2 c w/ketchup (17) Baked Beans 1/3 c (15) Fresh Fruit Mix (20) Milk Choice 8oz	23 Lasagna w/marinara (V) (28) Green Peppers 1/2 c (4) Garden Salad 1 c (17) Tropical Fruit 1/2 c (22) Dinner Roll WG (16) Milk Choice 8oz	24 Chicken Salad w/wht bns 4 oz (16) Carrot Coins 1/2 c w/dip (10) Mandarin Oranges 1/2 c (13) Dinner Roll WG (16) Pretzel Rod (9) Milk Choice 8oz	25 Asian Chicken Bowl 2 oz (13) Soy Sauce (0) Stir Fry Veggies 3/4 c (5) Fresh Fruit Mix (20) Fortune Cookie (8) Milk Choice 8oz	26 * Closed *
29 * Closed *	30 Chicken Patty w/Chz WG bun (42) Dill Pickle Spear 1/4 c (2) Apple (19) Doritos Cool Ranch (RF) (19) Vegetable Juice 4 oz (13) Milk Choice 8oz	31 Chicken 2 oz Caesar Salad 1 c (9) Carrots 1/4 c IW (3) Fresh Fruit Mix (20) Fritos (12) Dinner Roll WG (16) Milk Choice 8oz		

Carb Counts
included in
parenthesis ()
for each item

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:

- Chocolate Fat Free (23)
- White Fat Free (12)
- White 1% (12)
- Strawberry Fat Free (24)

Fat Free Chocolate Fat Free White

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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