



November 2017

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Tuesday, October 31, 2017

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West Village Academy Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		<p>1 Italian Sub w/let. & peppers (35) Tortilla Chips 1.75BR Bean & Cheese dip 1/4c Carrot Coins 1/2 c (9) Ranch Dip 1 Pkt (9) Pineapple Tidbits 4 oz (20) Milk Choice 8oz</p>	<p>2 Pasta w/meatballs (5) & sauce Mixed Veggies 1/2 c (12) Apple (19) Dinner Roll WG IW (16) Milk Choice 8oz</p>	<p>3 Cheese Pizza WG (V) (32) Spinach Rom Bean Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz</p>
<p>6 Cheese Quesidilla (V)(1) Creamy Tomato Soup 1/2c (10) Dill Pickle Chips 1/2c Apple (19) Milk Choice 8oz</p>	<p>7 * Closed *</p>	<p>8 Pepperoni(Tky) & Moz Roll (21) Potato Salad 1/2 c (24) Pizza Sauce Cup 2oz (7) Carrots 1/4 c (3) Orange (21) Cheez -its WG (14) Milk Choice 8oz</p>	<p>9 Turkey & Gravy 4 oz (3) Mashed Potatoes 1/2 c (16) Broccoli 1/4c (2) Apple (19) Ranch Dip 1 Pkt (9) Dinner Roll WG IW (16) Milk Choice 8oz</p>	<p>10 Cheese Pizza WG (V) (32) Spinach Salad 1c Sorbet Cup (23) Milk Choice 8oz</p>
<p>13 Mini Burgers (2) Diced Potatoes 3/4 c w/ket. (24) Apple (19) Milk Choice 8oz</p>	<p>14 Asian Chicken Bowl (13) Soy Sauce (0) Stir Fry Veggies 3/4 c (5) Applesauce Cup 4oz (22) Fortune Cookie (8) Milk Choice 8oz</p>	<p>15 Tky & Cheese w/let on WG Bun (31) Carrot Coins 1/2 c (9) Hummus Dip 1/4c ER Juice 100%- 4oz (15) Sun Chips (19) Milk Choice 8oz</p>	<p>16 Chk Soft Taco w/Let & chez (17) Refried Beans & Cheese 1/2c (22) Tortilla Chips 1.75BR Banana 1 ea (34) Salsa 2oz (4) Milk Choice 8oz</p>	<p>17 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz</p>
<p>20 Corn Dog (1) Baked Beans 1/2 c (22) Celery Sticks 1/4 c (1) Orange (21) Milk Choice 8oz</p>	<p>21 * Closed *</p>	<p>22 * Closed *</p>	<p>23 **Happy Thanksgiving**</p>	<p>24 * Closed *</p>
<p>27 Mini Cini -(warm) (40) Diced Potatoes 3/4 c w/ket. (24) Yogurt- Trix 4 oz Orange Juice 4 oz Milk Choice 8oz Milk Strawberry (20)</p>	<p>28 Tky Nachos 2oz w/cheese (20) Tortilla Chips 1.75BR Refried Beans & Cheese 1/2c (22) Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz</p>	<p>29 Pepperoni(Tky) & Moz Roll (21) Pizza Sauce Cup 2oz (7) Carrot Coins 1/2 c (9) Doritos Cool Ranch (RF) (19) Fresh Fruit Mix (20) Milk Choice 8oz</p>	<p>30 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c w/ket. (24) Orange (21) Milk Choice 8oz</p>	

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.