



October 2017

West Village Academy Breakfast

Tuesday, September 26, 2017

1:59:18 PM

8129

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>2 Cheerios WG Cereal (20) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>3 Strawberry Muffin 3.2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>4 Grahams Minis WG (24) Banana 1 ea (34) Yogurt 4 oz (16) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>5 Lemon Crunch Bar (41) Juice 100%- 4oz (15) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz</p>	<p>6 Cheerios Apple Cinn. Cereal (23) Goldfish Grahams WG (19) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>
<p>9 Cinn Chex Cereal (23) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>10 Crumb Cake Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>11 Scooby Doo Grahams (21) Banana 1 ea (34) Yogurt 4 oz (16) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>12 Mini Maple Waffle WG (35) Juice 100%- 4oz (15) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz</p>	<p>13 Bagels Mini, Strawberry Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>
<p>16 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>17 Cinn Swirls WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>18 Scooby Doo Grahams (21) Banana 1 ea (34) Yogurt 4 oz (16) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>19 Trix Cereal Bar (30) Banana 1 ea (34) Cheese Stick 1 oz (1) Juice 100%- 4oz (15) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz</p>	<p>20 Tripleberry Crunch Bar (42) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>
<p>23 Kix Cereal (14) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>24 Apple Muffin 3.2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>25 Grahams Minis WG (24) Banana 1 ea (34) Yogurt 4 oz (16) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>26 Bagel WG (28) Strawberry Cream Cheese (1) Juice 100%- 4oz (15) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz</p>	<p>27 French Toast Mini Berry IW Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>
<p>30 Rice Chex Cereal WG Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>31 Chocolate Chip Muffin 3.2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz</p>			

New: Carb Counts included in parenthesis () for each item

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

Milk Choice Carbs:

Chocolate Fat Free (24)
 White Fat Free (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'.

All meals include: Milk, fruits and vegetables, bread or bread equivalent, meat or meat equivalent

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October 2017

Tuesday, September 26, 2017

1:58:34 PM

West Village Academy - Halal-Lunch

8166

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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2 Mini Cini -(warm) (40) Diced Potatoes 3/4 c w/wket. (24) Yogurt 4 oz (16) Orange Juice 4 oz Milk Choice 8oz Milk Strawberry (20)	3 Chicken Nachos (HL) Refried Beans & Cheese 1/2c (22) Tortilla Chips 1.75BR Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz	4 Pepperoni(Tky)& Moz Roll(HL) (21) Pizza Sauce 2oz IW (7) Carrot Coins 1/2 cup & Dip (10) Doritos Cool Ranch (RF) (19) Fresh Fruit Mix (20) Milk Choice 8oz	5 Chicken Patty w/Cheese HL Diced Potatoes 3/4 c w/wket. (24) Orange (21) Milk Choice 8oz	6 Cheese Pizza WG (V) (32) Rom. & Spinach Salad 1 c (11) Juice 100%- 4oz (15) Milk Choice 8oz
9 Mini Burgers (2) HL Baked Beans -Halal 1/2 C Fresh Fruit (22) Vegetable Juice 4 oz (13) Milk Choice 8oz	10 Lasagna w/marinara (V) (28) Garden Salad 1 c (17) Grape Tomatoes 1/4 c (3) Tropical Fruit 1/2c (22) Dinner Roll WG IW (16) Milk Choice 8oz	11 Chicken Salad Crossiant Carrot Coins 1/2 c w/dip (10) Mandarin Oranges 1/2 c (13) Cheez -its WG (14) Dinner Roll WG IW (16) Milk Choice 8oz	12 Asian Chicken Bowl (HL) (13) Soy Sauce (0) Stir Fry Veggies 3/4 c (5) Fresh Fruit Mix (20) Fortune Cookie (8) Milk Choice 8oz	13 Cheese Pizza WG (V) (32) Rom. & Spinach Salad 1 c (11) Grape Tomatoes 1/4 c (3) Sorbet Cup (23) Milk Choice 8oz
16 Mini Cini -(warm) (40) Diced Potatoes 1/2 c w/wket. (18) Apple (19) Yogurt 4 oz (16) Vegetable Juice 4 oz (13) Milk Choice 8oz Milk Strawberry (20)	17 Chicken Patty w/Cheese HL Dill Pickle Chips (3) 1/4c Apple (19) Doritos Cool Ranch (RF) (19) Vegetable Juice 4 oz (13) Milk Choice 8oz	18 Chicken Fatoosh Salad (HL) Carrots 1/4 c IW (3) Fresh Fruit Mix (20) Fritos (12) Dinner Roll WG IW (16) Milk Choice 8oz	19 Chicken Nachos (HL) Refried Beans & Cheese 1/2c (22) Tortilla Chips 1.75BR Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz	20 Cheese Pizza WG (V) (32) Garden Salad 1 c (17) Grape Tomatoes 1/4 c (3) Juice 100%- 4oz (15) Milk Choice 8oz
23 Swedish Meatballs (2ea)(HL) Mashed Potatoes 1/2 c (16) Carrots 1/4 c (3) Grapes 1/2 c (14) Dinner Roll WG IW (16) Milk Choice 8oz	24 BBQ Chicken pc 1 ea (HL) (20) Corn Bread Loaf WG IW (28) Baked Beans -Halal 1/2 C Apple (19) Vegetable Juice 4 oz (13) Milk Choice 8oz	25 Turkey & Cheese Wrap Broccoli 1/4c (2) Banana 1 ea (34) Dill Pickle Chips 1/2c Ranch Dip 1 Pkt (9) Doritos (RF) (20) Milk Choice 8oz	26 Chicken Pot Pie 6 oz (HL) Mashed Potatoes 1/2 c (16) Mandarin Oranges 1/2 c (13) Dinner Roll WG IW (16) Milk Choice 8oz	27 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz
30 Mini Cini -(warm) (40) Diced Potatoes 3/4 c w/wket. (24) Yogurt 4 oz (16) Orange Juice 4 oz Milk Choice 8oz Milk Strawberry (20)	31 Chicken Tenders (2) (HL) AuGratin Potatoes 1/2 c Broccoli 1/2c (4) Fresh Fruit Mix (20) Dinner Roll WG IW (16) Milk Choice 8oz			

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Milk Choice Carbs:

Chocolate Fat Free (24)
 White Fat Free (12)

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October 2017

West Village Academy Lunch

Tuesday, September 26, 2017

1:58:38 PM

8171

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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)	3 Tky Nachos 2oz w/cheese (20) Refried Beans & Cheese 1/2c (22) Tortilla Chips 1.75BR Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz	4 **Count Day** Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	5 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c w/ket. (24) Orange (21) Milk Choice 8oz	6 Pepperoni(Tky) & Moz Roll (21) Pizza Sauce IW (4) Carrot Coins 1/2 c (9) Doritos Cool Ranch (RF) (19) Fresh Fruit Mix (20) Milk Choice 8oz
9 Mini Burgers (2) Baked Beans 1/2 c (22) Fresh Fruit Mix (20) Vegetable Juice 4 oz (13) Milk Choice 8oz	10 Lasagna w/marinara (V) (28) Garden Salad w/Tom 1.25 c IW (19) Tropical Fruit 1/2c (22) Dinner Roll WG IW (16) Milk Choice 8oz	11 Chicken Salad Crossiant Carrot Coins 1/2 c w/dip (10) Mandarin Orange Cup 4oz IW (20) Cheez -its WG (14) Dinner Roll WG IW (16) Milk Choice 8oz	12 Asian Chicken Bowl (13) Soy Sauce (0) Stir Fry Veggies 3/4 c (5) Fresh Fruit Mix (20) Fortune Cookie (8) Milk Choice 8oz	13 Cheese Pizza WG (V) (32) Romaine Salad 1c Sorbet Cup (23) Milk Choice 8oz
16 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)	17 Chicken Patty w/Chz WG bun (42) Dill Pickle Chips (3) 1/4c Apple (19) Doritos Cool Ranch (RF) (19) Vegetable Juice 4 oz (13) Milk Choice 8oz	18 Chicken 2 oz Caesar Salad 1 c (9) Carrots 1/4 c (3) Fresh Fruit Mix (20) Dinner Roll WG IW (16) Fritos (12) Milk Choice 8oz	19 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	20 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz
23 Swedish Meatballs (5) (8) Mashed Potatoes 1/2 c (16) Carrots 1/4 c (3) Wheat Bread Slice WG (20) Grapes 1/2 c (14) Milk Choice 8oz	24 BBQ Chicken Piece 1 ea (20) Baked Beans 1/2 c (22) Apple (19) Dinner Roll WG IW (16) Vegetable Juice 4 oz (13) Milk Choice 8oz	25 Tky Ham & Cheese Pita w/let (30) Banana 1 ea (34) Dill Pickle Chips 1/2c Broccoli 1/4c (2) Ranch Dip 1 Pkt (9) Doritos (10) Milk Choice 8oz	26 Turkey Pot Pie 6 oz (62) Mashed Potatoes 1/2 c (16) Mandarin Oranges 1/2 c (13) Dinner Roll WG IW (16) Milk Choice 8oz	27 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz
30 Mini Cini -(warm) (40) Diced Potatoes 3/4 c w/ket. (24) Yogurt 4 oz (16) Orange Juice 4 oz Milk Choice 8oz Milk Strawberry (20)	31 Chicken Tenders (2) AuGratin Potatoes 1/2 c Broccoli 1/2c (4) Ranch Dip 1 Pkt (9) Fresh Fruit Mix (20) Dinner Roll WG IW (16) Milk Choice 8oz			

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Milk Choice Carbs:
Strawberry Fat Free (24)

Chocolate Fat Free (24)
White Fat Free (12)

Halal Meals:

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October 2017

West Village Supper

Tuesday, September 26, 2017

2:00:37 PM

8161

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Salad 3oz. Pita Mini (3) Juice Box 4oz Carrots 1/4 c (3) Hummus Dip 1/4c (16) Milk Choice 8oz #	3 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz	4 Chicken Taco Salad 6oz (33) Tortilla Chips 1.75BR Ranch Lite Dip Cup 1oz Melon 1/2 c (14) Milk Choice 8oz #	5 Pastrami & Cheese Wrap Dill Pickle Chips 1/2c IW (0) Applesauce Cup 4oz (22) Fritos (12) Milk Choice 8oz &	6 Turkey & Cheese on WG Bun (22) Potato Salad 1/2c IW (24) Grapes 1/2c IW (14) Milk Choice 8oz &
9 Pepperoni(Tky) & Moz Roll (21) Pizza Sauce Cup 2 oz (7) Carrot Coins 1/2 c (9) Fresh Fruit (22) Sun Chips (19) Milk Choice 8oz &	10 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz	11 Ranch Chicken Pasta Salad 6oz Grape Tomatoes (5) 1/2 c (4) Mandarin Oranges 1/2 c (13) Milk Choice 8oz #	12 Chicken Caesar Wrap (21) Red & Green Pepper 1/2 Cup IW (21) Pear (26) Cheez -its WG (14) Milk Choice 8oz &	13 Thin Bun WG IW Mini Cucumber IW (2) Jam (6) Sun Butter 2oz IW (4) Yogurt 4 oz (16) Orange (21) Milk Choice 8oz &
16 Grilled Chicken 3oz Hard Boiled Egg (1) BBQ Dip (5) Mini Cucumber (1) Dinner Roll WG IW (16) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz #	17 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz	18 Chicken Caesar Salad 6oz Grapes 1/2 c (14) Dinner Roll WG IW (16) Milk Choice 8oz #	19 Turkey & Cheese Wrap Grahams Minis WG (24) Dill Pickle Chips 1/2c IW (0) Orange (21) Milk Choice 8oz &	20 Pastrami(tky) & Chz on WG Bun Potato Salad 1/2c IW (24) Fresh Fruit (22) Milk Choice 8oz &
23 Sesame Chicken Noodle Salad Zucchini Coins 1/2c Ranch Dip 1 Pkt (9) Pineapple Tidbits 4 oz (20) Milk Choice 8oz #	24 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz	25 Build Your Own Pizza Garden Salad 1 c (17) Apple (19) Milk Choice 8oz #	26 Chicken Ranch Wrap (44) Mini Cucumber IW (2) Orange (21) Cheez -its WG (14) Milk Choice 8oz &	27 Mini Blueberry Pancakes Carrots 1/4 c (3) Applesauce Cup 4oz (22) Yogurt 4 oz (16) Vegetable Juice 4 oz (13) Milk Choice 8oz &
30 Chicken Salad 3oz. Pita Mini (3) Juice Box 4oz Carrots 1/4 c (3) Hummus Dip 1/4c ER Milk Choice 8oz #	31 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz			

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October 2017

West Village Supper Halal

Tuesday, September 26, 2017

2:00:41 PM

8186

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>2 Chicken Salad (HL) 3 oz Pita Mini (3) Juice Box 4oz Carrots 1/4 c (3) Hummus Dip 1/4c (16) Milk Choice 8oz #</p>	<p>3 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>4 Chick Taco Salad (HL)6oz Tortilla Chips 1.75BR Ranch Lite Dip Cup 1oz Melon 1/2 c (14) Milk Choice 8oz #</p>	<p>5 Tky & Cheese on WG Bun (HL) Potato Salad 1/2c IW (24) Grapes 1/2c IW (14) Milk Choice 8oz &</p>	<p>6 Halal Meat & Cheese Wrap (HL) Dill Pickle Chips 1/2c IW (0) Applesauce Cup 4oz (22) Fritos (12) Milk Choice 8oz &</p>
<p>9 Pepperoni(Tky)& Moz Roll(HL) (21) Pizza Sauce Cup 2 oz (7) Carrot Coins 1/2 c (9) Fresh Fruit (22) Sun Chips (19) Milk Choice 8oz &</p>	<p>10 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>11 Ranch Chik PastaSal (HL) Grape Tomatoes (5) 1/2 c (4) Mandarin Oranges 1/2 c (13) Milk Choice 8oz #</p>	<p>12 Thin Bun WG IW Mini Cucumber IW (2) Jam (6) Sun Butter 2oz IW (4) Yogurt 4 oz (16) Orange (21) Milk Choice 8oz &</p>	<p>13 Chicken Caesar Wrap (HL) Red &Green Pepper 1/2 CupIW (21) Pear (26) Cheez -its WG (14) Milk Choice 8oz &</p>
<p>16 Grilled Chk Slices 2 oz (HL) Hard Boiled Egg (1) BBQ Dip (5) Mini Cucumber (1) Dinner Roll WG IW (16) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz #</p>	<p>17 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>18 Chick Caesar Salad (HL)6oz (9) Grapes 1/2 c (14) Dinner Roll WG IW (16) Milk Choice 8oz #</p>	<p>19 Halal Meat&Cheese WG Bun (HL) Potato Salad 1/2c IW (24) Fresh Fruit (22) Milk Choice 8oz &</p>	<p>20 Halal Meat & Cheese Wrap (HL) Grahams Minis WG (24) Dill Pickle Chips 1/2c IW (0) Orange (21) Milk Choice 8oz &</p>
<p>23 Sesame Chick Noodle Salad HL Zucchini Coins 1/2c Ranch Dip 1 Pkt (9) Pineapple Tidbits 4 oz (20) Milk Choice 8oz #</p>	<p>24 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz</p>	<p>25 Build your own pizza (HL) Gardine Salad 1 c (17) Apple (19) Milk Choice 8oz #</p>	<p>26 Mini Blueberry Pancakes Carrots 1/4 c (3) Applesauce Cup 4oz (22) Yogurt 4 oz (16) Vegetable Juice 4 oz (13) Milk Choice 8oz &</p>	<p>27 Chicken Caesar Wrap (HL) Mini Cucumber IW (2) Cheez -its WG (14) Orange (21) Milk Choice 8oz &</p>
<p>30 Chicken Salad (HL) 3 oz Pita Mini (3) Juice Box 4oz Carrots 1/4 c (3) Hummus Dip 1/4c ER Milk Choice 8oz #</p>	<p>31 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Juice 100%- 4oz (15) Milk Choice 8oz</p>			

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