



November 2017

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Tuesday, October 31, 2017

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West Village Academy- Halal-Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		1 Italian Sub w/let & pep (HL) Tortilla Chips 1.75BR Bean & Cheese dip 1/4c Carrot Coins 1/2 c (9) Pineapple Tidbits 4 oz (20) Milk Choice 8oz	2 Pasta w/Meatball & mar. (HL) Mixed Veggies 1/2 c (12) Apple (19) Dinner Roll WG IW (16) Milk Choice 8oz	3 Cheese Pizza WG (V) (32) Spinach Rom Bean Salad 1c Grape Tomatoes 1/4 c (3) Chick Peas 1/4 c (20) Juice 100%- 4oz (15) Milk Choice 8oz
6 Cheese Quesidilla (V)(1) Creamy Tomato Soup 1/2c (10) Dill Pickle Chips 1/2c Apple (19) Milk Choice 8oz	7 * Closed *	8 Pepperoni(Tky)& Moz Roll(HL) (21) Potato Salad 1/2 c (24) Pizza Sauce Cup 2oz (7) Carrots 1/4 c (3) Cheez -its WG (14) Orange (21) Milk Choice 8oz	9 Chicken & Gravy (HL) 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	10 Cheese Pizza WG (V) (32) Carrots 1/4 cup / pkg (3) Spinach Salad 1c Sorbet Cup (23) Milk Choice 8oz
13 Mini Burgers (2) HL Diced Potatoes 3/4 c w/ket. (24) Apple (19) Milk Choice 8oz	14 Asian Chicken Bowl (HL) (13) Soy Sauce (0) Stir Fry Veggies 3/4 c (5) Applesauce Cup 4oz (22) Fortune Cookie (8) Milk Choice 8oz	15 Tky & Chz w/let on WG Bun(HL) Carrot Coins 1/2 c (9) Hummus Dip 1/4c ER Juice 100%- 4oz (15) Sun Chips (19) Milk Choice 8oz	16 Chk Taco w/let.& chez(HL) Tortilla Chips 1.75BR Refried Beans & Cheese 1/2c (22) Banana 1 ea (34) Salsa 2oz (4) Milk Choice 8oz	17 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz
20 Hot Dog on a WG bun (HL) Baked Beans -Halal 1/2 C Celery Sticks 1/4 c (1) Orange (21) Milk Choice 8oz	21 * Closed *	22 * Closed *	23 **Happy Thanksgiving**	24 * Closed *
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)	28 Chicken Nachos (HL) Refried Beans & Cheese 1/2c (22) Tortilla Chips 1.75BR Fresh Fruit Mix (20) Salsa 2oz (4) Milk Choice 8oz	29 Pepperoni(Tky)& Moz Roll(HL) (21) Pizza Sauce Cup 2oz (7) Carrot Coins 1/2 cup & Dip (10) Doritos Cool Ranch (RF) (19) Fresh Fruit Mix (20) Milk Choice 8oz	30 Chicken Patty w/Cheese HL Diced Potatoes 3/4 c w/ket. (24) Orange (21) 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:
Fat Free White Milk 1/2 Pint (Purple)(12)
Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

*(V) indicates a vegetarian entree

This institution is an equal opportunity provider.