



October 2023

2:31:27 PM
Friday, September 29, 2023
K-8 1

West Village Academy Breakfast

11176 /

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 2 Cereal Bar WG (30) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 3 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 4 Cheerios WG Cereal (20) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 5 Fruit & Fiber Round IW (44) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 6 Cereal WG Chef Choice Grain WG Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 9 Bagel WG IW (29) Cream Cheese (1) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 10 Granola 1 oz (20) Yogurt 4oz- Trix (15) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 11 Cereal WG (2br) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 12 Waffle, Belgium WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 13 Benefit Breakfast Bar WG (48) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 16 Cereal Bar WG (30) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 17 Crunch Bar - WG Variety Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 18 Cereal WG (2br) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 19 Mini Cini -(Cold)WG (40) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 20 Muffin 2g-WG (31) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 23 Breakfast Bread Slice WG IW (15) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 24 Soft Filled Bread WG (41) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 25 Cereal WG (2br) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 26 Bagel w/Cream Cheese (34) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 27 Benefit Breakfast Bar WG (48) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 30 Cereal Bar WG (30) Applesauce Cup 4.5 oz (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 31 * Closed * | | | |

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.



October 2023

West Village Academy Lunch

2:33:00 PM

Friday, September 29, 2023

K-8 1

11186 /

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| 2 Chicken Pot Pie 6 oz Biscuit WG (34) Vegetable Juice 4oz (13) (13) Goldfish Grahams WG (19) Fresh Fruit (22) Milk Choice 8oz (13-20) - | 3 Turkey & Cheese on WG Bun (22) Dill Pickle Chips(10) 1/2c Carrots 1/2 c in tray Doritos Fun Size (10) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) - | 4 Cheese Pizza WG (V) (32) Romaine Salad 1c Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) - | 5 Chef Salad w/chicken & Chz Craisins (28) Chilled Fruit 1/2 c Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) ^ | 6 Buffalo Chicken Brioche WG Celery Sticks 3/4 c IW w/Dip (3) Chef Treat WG 1gr (12) Juice 100%- 6oz (20) Milk Choice 8oz (13-20) & |
| 9 Hot Dog on WG Bun (20) Carrot Coins 1/2 c (9) Baked Beans 1/2 c (22) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) - | 10 Turkey & Chez on Crossiant IW Carrots 3/4 cup IW (12) Sunflower Seeds 1oz Fresh Fruit (22) Sun Chips WG (19) Milk Choice 8oz (13-20) & | 11 Chicken Taco Salad 6oz (33) Salsa Cup 3oz IW (6) (4) Black Bean & Corn Salad 4 oz (44) Baked Tostitos WG (19) Juice 100%- 6oz (20) Milk Choice 8oz (13-20) ^ | 12 Italian Wrap WG Oatmeal Round WG (38) Carrot Coins 1/2 c (9) Fresh Fruit Mix (20) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) & | 13 Cheese Pizza WG (V) (32) Spinach Blend Salad 1c (8) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) - |
| 16 Cheeseburger on WG Bun (33) Potato Wedge 1/2 c (17) Baked Beans 1/2 c (22) Fresh Fruit Mix (20) Milk Choice 8oz (13-20) - | 17 Chicken Tenders (14) 2 each Mixed Veggies 1/2 c (12) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) - | 18 Buffalo Chicken Brioche WG Vegetable Juice 4oz (13) (13) Celery Sticks 1/2 c Doritos Cool Ranch (RF) (19) Fresh Fruit (22) Milk Choice 8oz (13-20) & | 19 Chicken Salad Cup 3 oz IW Crunch n Crave Crackers WG Carrot Coins 1/2 c w/dip (10) Vegetable Juice 4oz (13) (13) Fresh Fruit (22) Milk Choice 8oz (13-20) & | 20 Cheese Pizza WG (V) (32) Romaine Salad 1c Vegetable Juice 4oz (13) (13) Strawberry Cup Chilled 4oz Milk Choice 8oz (13-20) - |
| 23 Pancake & Tky Sausage WG (17) Diced Potatoes 1/2 c w/kt. (18) Vegetable Juice 4oz (13) (13) Clementine Milk Choice 8oz (13-20) - | 24 Chicken Patty w/Chz WG bun (42) Dill Pickle Chips (5) 1/4c Vegetable Juice 4oz (13) (13) Doritos Cool Ranch (RF) (19) Fresh Fruit (22) Milk Choice 8oz (13-20) - | 25 Nachos 2.6 w/SHr Chez (26) Salsa Cup 3oz Mexican Style Beans 1/2 c (21) Tortilla Chips (1.25Br)WG (19) Fresh Fruit Mix (20) Milk Choice 8oz (13-20) - | 26 Chicken 2oz Caesar Salad 1 c (9) Croutons (5) Chilled Fruit 1/2 c Dinner Roll WG IW (16) Fritos WG (12) Milk Choice 8oz (13-20) ^ | 27 Cheese Pizza WG (V) (32) Romaine Salad 1c Carrot Coins 1/2 c (9) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) - |
| 30 Swedish Meatballs (4) (8) Mashed Potatoes 1/2 c (16) Carrots 1/4c IW (3) Grapes 1/2 c (14) Dinner Roll WG on the side (16) Milk Choice 8oz (13-20) - | 31 * Closed * | | | |

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 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)
 1% White Milk 1/2 Pint (Green)(12)

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