












WINDSOR SCHOOL
October 2022
Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Dog on a Whole Wheat Bun, Baked Tater Tots, Super Salad, Fresh Fruit, Juice & Milk 	4 Cheeseburger on a Whole Wheat Bun, Tater Tots, Super Salad, Mixed Vegetables, Fresh Fruit, Juice & Chocolate Milk	5 Ziti and Meatballs, Peas, Tossed Salad, Fresh Fruit, Juice & Milk 	6 Chicken Parmesan On a Whole Wheat Roll, Green Beans, Tossed Salad, Fresh Fruit, Juice & Chocolate Milk	7 SCHOOL CLOSED STAFF DEVELOPMENT DAY 
10 Chicken Nuggets & Baked Tater Tots, Corn, Tossed Salad, Fresh Fruit, Juice & Milk 	11 Macaroni & Cheese, Tossed Salad, Applesauce, Fresh Fruit, Juice, and Chocolate Milk	12 Meatball Parmesan On a Whole Wheat Roll, Tossed Salad, Fresh Fruit, Juice & Milk 	13 Italian Hero on a Whole Wheat Roll, Super Salad, Corn, Fresh Fruit, Juice & Chocolate Milk	14 Level III  PIZZA Chef's Choice
17 Philly Cheese Steak on a Whole Wheat Hero, Tater Tots, Broccoli, Super Salad, Fresh Fruit, Juice & Milk	18 Cheese Ravioli with Meatballs, Peas, Tossed Salad, Fresh Fruit, Juice & Chocolate Milk	19 Chicken Nuggets & Baked Tater Tots, Corn, Tossed Salad, Fresh Fruit, Juice & Milk 	20 Cheeseburger on a Whole Wheat Bun, Tater Tots, Super Salad, Mixed Vegetables, Fresh Fruit, Juice & Chocolate Milk	21 Chicken Parmesan On a Whole Wheat Roll, Green Beans, Tossed Salad, Fresh Fruit, Juice & Milk
24 Ziti and Meatballs, Peas, Tossed Salad, Fresh Fruit, Juice & Milk 	25 Hot Dog on a Whole Wheat Bun, Baked Tater Tots, Super Salad, Fresh Fruit, Juice & Chocolate Milk	26 Meatball Parmesan On a Whole Wheat Roll, Tossed Salad, Fresh Fruit, Juice & Milk 	27 Italian Hero on a Whole Wheat Roll, Super Salad, Corn, Fresh Fruit, Juice & Chocolate Milk	28 Level III  PIZZA Chef's Choice
31 Grilled Chicken over Yellow Rice with Green Beans, Tossed Salad, Fresh Fruit, Juice & Milk 				

SUPER SALAD: Romaine & Iceberg Lettuce, Tomatoes, Carrots, Red & Green Peppers, Red Cabbage and Garbanzo Beans
Breakfast Menu

Assorted Breakfast Cereals, Juice and Milk Offered Daily

Low fat Milk is Available Daily at Breakfast and Lunch

This institution is an equal opportunity provider - Click www.ascr.usda.gov/complaint_filing_cust.html for more info

WINDSOR SCHOOL
October 2022
Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Assorted Breakfast Cereals Juice Milk	4 Assorted Breakfast Cereals Juice Milk	5 Assorted Breakfast Cereals Juice Milk 	6 Assorted Breakfast Cereals Juice Milk	7 Assorted Breakfast Cereals Juice Milk
10 Assorted Breakfast Cereals Juice Milk	11 Assorted Breakfast Cereals Juice Milk	12 Assorted Breakfast Cereals Juice Milk	13 Assorted Breakfast Cereals Juice Milk 	14 Assorted Breakfast Cereals Juice Milk
17 Assorted Breakfast Cereals Juice Milk	18 Assorted Breakfast Cereals Juice Milk 	19 Assorted Breakfast Cereals Juice Milk 	20 Assorted Breakfast Cereals Juice Milk 	21 Assorted Breakfast Cereals Juice Milk
24 Assorted Breakfast Cereals Juice Milk 	25 Assorted Breakfast Cereals Juice Milk	26 Assorted Breakfast Cereals Juice Milk	27 Assorted Breakfast Cereals Juice Milk 	28 Assorted Breakfast Cereals Juice Milk 
31 Assorted Breakfast Cereals Juice Milk 				

Low Fat Milk is Available Daily