



WINDHAVEN ACADEMY  
BUILDING BRIGHTER FUTURES

# MENU

## Week 1



MON

TUE

WED

THU

FRI

### FOR DIETARY RESTRICTIONS

No outside food allowed.

If your child has a food allergy, we will need to have a food allergy plan from their physician on file at the front office.



<p><b>B</b></p> <p>Bagels with Cream Cheese Organic Milk</p>	<p><b>L</b></p> <p>Lasagna Organic corn and Bananas Organic Milk</p>	<p><b>S</b></p> <p>Cheese stick Crackers Filtered Water</p>
<p>Whole Grain Waffles Organic Fruit Organic Milk</p>	<p>Sliced Turkey &amp; Gravy Mashed Potatoes Organic Pears Organic Milk</p>	<p>Trail Mix Filtered Water</p>
<p>Whole Grain Muffins Organic Milk</p>	<p>Mac &amp; Cheese Organic Green Beans &amp; Grapes Organic Milk</p>	<p>Organic Baked Cinnamon Apples Filtered Water</p>
<p>Oatmeal with organic fruit Organic Milk</p>	<p>Cheese Pizza Organic Mixed veggies Organic apples Organic Milk</p>	<p>Pretzels Filtered Water</p>
<p>Whole Grain Pancakes Organic Milk</p>	<p>Grilled Cheese Sandwich Organic Green Beans &amp; Bananas Organic Milk</p>	<p>Organic Carrots with Ranch Filtered Water</p>



# MENU

## Week 2

**MON**

**TUE**

**WED**

**THU**

**FRI**

**B**

Whole Grain Waffles  
Organic Milk

Whole Grain French Toast  
Organic Fruit  
Organic Milk

Biscuit & Eggs  
Organic Milk

Oatmeal with organic fruit  
Organic Milk

Whole Grain Pancakes  
Organic Milk

**L**

Chicken Nuggets  
Organic carrots and Grapes  
Organic Milk

Red Beans, Rice, & Turkey Sausage  
Organic Pears  
Organic Milk

Beef Brisket Sandwich  
Tater Tots  
Organic Banana  
Organic Milk

Mac & Cheese  
Organic Mixed veggies  
Organic apples  
Organic Milk

Turkey & Cheese Sandwich  
Organic Corn & Berries  
Organic Milk

**S**

Organic Yogurt and Berries  
Filtered Water

Cheese Stick & Crackers  
Filtered Water

Organic Baked Cinnamon Apples  
Filtered Water

Organic cucumbers & Ranch  
Filtered Water

Organic Fruit Smoothies  
Filtered Water

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# MENU

## Week 3

**MON**

**TUE**

**WED**

**THU**

**FRI**

**B**  
 Bagels with  
 Cream  
 Cheese  
 Organic Milk

**L**  
 Beef Brisket  
 Organic sweet  
 potato & Pears  
 Organic Milk

**S**  
 Cheese stick  
 Crackers  
 Filtered Water

Whole Grain  
 Pancakes  
 Organic Milk

Hamburgers  
 Tater Tots  
 Organic Banana  
 Organic Milk

Organic Baked  
 Cinnamon  
 Apples  
 Filtered Water

Whole Grain  
 Muffins  
 Organic Milk

Spaghetti w/  
 Turkey  
 Meatballs  
 Organic Corn &  
 Grapes  
 Organic Milk

Pretzels  
 Filtered  
 Water

Oatmeal with  
 organic fruit  
 Organic Milk

Cheese Pizza  
 Organic Peas &  
 Bananas  
 Organic Milk

Organic  
 Carrots with  
 Ranch  
 Filtered  
 Water

Whole Grain  
 Waffles  
 Organic Fruit  
 Organic Milk

Grilled Cheese  
 Sandwich  
 Organic  
 Tomato Soup &  
 Berries  
 Organic Milk

Organic Fruit  
 Smoothies  
 Filtered  
 Water

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# MENU

## Week 4

**MON**

**TUE**

**WED**

**THU**

**FRI**

**B**

**L**

**S**

Bagels with  
Cream  
Cheese  
Organic Milk

Red Beans, Rice,  
& Beef Sausage  
Organic Banana  
Organic Milk

Organic Baked  
Cinnamon  
Apples  
Filtered Water

Whole Grain  
Waffles  
Organic Fruit  
Organic Milk

Lasagna  
Salad w/ Ranch  
Organic Apples  
Organic Milk

Yogurt &  
Organic Berries  
Filtered Water

Biscuit &  
Eggs  
Organic Milk

Chicken Nuggets  
Organic carrots  
and Pears  
Organic Milk

Cheese stick  
Crackers  
Filtered Water

Oatmeal with  
organic fruit  
Organic Milk

Spaghetti w/  
Ground Turkey  
Organic Corn &  
Grapes  
Organic Milk

Organic  
Carrots with  
Ranch  
Filtered  
Water

Whole Grain  
Pancakes  
Organic Milk

Turkey & Cheese  
Sandwich  
Organic Green  
Beans &  
Bananas  
Organic Milk

Organic Fruit  
Smoothies  
Filtered  
Water

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