

Chesterbrook Academy August 2015 Menu

Green text = fresh or frozen produce, wheat, whole-grain, & multi-grain items.

Highlighted boxes = organic items. Red text = vegetarian option.

Week Beginning on July 27, 2015					
A.M. Snack	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%	CORN FLAKES CEREAL, BANANA, MILK 1%	WHOLE GRAIN MINI BAGEL, ORANGE SLICES, MILK 1%	VANILLA YOGURT, MANGO CHUNKS, MILK 1%	CHEF'S
Lunch	TURKEY FRANK (VO - Veggie Leanie) ON WHOLE WHEAT BUN, SWEET POTATO FRIES, APPLESAUCE, MILK 1%	TURKEY SAUSAGE, EGG PATTY, CHEESE ON WHOLE WHEAT BAGEL, HASH BROWN POTATO STICK, SLICED STRAWBERRIES, MILK 1%	WHOLE GRAIN CHICKEN TENDERS, BROCCOLI FLORETS, BANANA, MILK 1%	WHOLE WHEAT ELBOW MACARONI & CHEESE, BEEF CRUMBLES (VO - Meat Sub Pizza Crumbles), PEAS, BLUEBERRIES, MILK 1%	CHOICE
P.M. Snack	YOGURT PARFAIT (YOGURT, GRANOLA, MIXED BERRIES)	GRAHAM CRACKERS WITH APPLE BUTTER	ORGANIC APPLE, SUNFLOWER OR SOYBUTTER	ORGANIC WHOLE BABY CARROTS, HUMMUS	MEALS
Week Beginning on August 3, 2015					
A.M. Snack	WHOLE GRAIN MINI BAGELS, SLICED APPLIES, MILK 1%	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, ORANGE SLICES, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	TASTEEO CEREAL, BANANA, MILK 1%	BLUEBERRY MUFFIN, BANANA, MILK 1%
Lunch	MEATLOAF (VO - Gardein Veg Meatballs), MASHED POTATOES, APPLESAUCE, WHOLE WHEAT BREAD SLICE, MILK 1%	RICE & BEANS, TOSSED SALAD W/RANCH DRESSING, PINEAPPLE TIDBITS, MILK 1%	FISH STICKS, BROWN RICE, STRINGBEANS, MANGO CHUNKS, MILK 1%	CHICKEN QUESADILLAS (WHOLE WHEAT TORTILLA, DICED CHICKEN, SHREDDED CHEESE), CARROTS, TROPICAL FRUIT, MILK 1%	MEATBALLS (VO-Veg Meatballs) w/GRAVY, MASHED POTATOES, STRINGBEANS, MILK 1%
P.M. Snack	GRAHAM CRACKERS, APPLE BUTTER	ORGANIC APPLE, SUNBUTTER OR SOYBUTTER	YOGURT PARFAIT (YOGURT, GRANOLA, MIXED BERRIES)	WHOLE GRAIN GOLDFISH CRACKERS, SLICED STRAWBERRIES	PRETZEL RODS, COLBY JACK CHEESE CUBES
Week Beginning on August 10, 2015					
A.M. Snack	SCRAMBLED EGG PATTY, CANTELOPE & HONEYDEW, MILK 1%	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WHOLE GRAIN WAFFLE, SUGAR FREE SYRUP, SLICED STRAWBERRIES, MILK 1%	CRISPY RICE CEREAL, BANANA, MILK 1%	BLUEBERRY MUFFIN, ORANGE SLICES, MILK 1%
Lunch	CHEESE RAVIOLETTI, SPAGHETTI SAUCE, BROCCOLI FLORETS, DICED PEARS, MILK 1%	GRILLED CHICKEN BREAST PATTY (VO - Gardein Chicken Strips), LONG GRAIN & WILD RICE, PEARS, MIXED VEGGIES, MILK 1%	WHOLE GRAIN PIZZA, FRESH TOSSED SALAD, RANCH DRESSING, DICED PEARS, MILK 1%	WHOLE WHEAT PASTA, SPAGHETTI SAUCE, MIXED VEG, FRUIT COCKTAIL, MILK 1%	MINI MEATBALL SANDWICH (VO - Meat Sub Pizza Crumbles), MOZZARELLA CHEESE, SPAGHETTI SAUCE, WHOLE WHEAT BUN, STRINGBEANS, PINEAPPLE TIDBITS, MILK 1%
P.M. Snack	NUT FREE TRAIL MIX (CHEX CEREAL, DRIED ORGANIC APPLE CHIPS, SUNFLOWER SEEDS)	ORGANIC APPLE, SUNFLOWER OR SOYBUTTER	CHEDDAR CHEESE CUBES, WHEAT CRACKERS	ORGANIC BABY CARROTS, HUMMUS	SLICED CUCUMBERS WITH RANCH DRESSING, WHOLE GRAIN GOLDFISH CRACKERS
Week Beginning on August 17, 2015					
A.M. Snack	VANILLA YOGURT, MANGO CHUNKS, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	CRISPY RICE CEREAL, BANANA, MILK 1%	WHOLE GRAIN WAFFLE, SUGAR FREE SYRUP, MIXED BERRIES, MILK 1%	TASTEEO CEREAL, BANANA, MILK 1%
Lunch	TURKEY CARNITAS, SPANISH RICE, BROCCOLI FLORETS, MANDARIN ORANGES, MILK 1%	MULTI-GRAIN FLAT BREAD PIZZA, MIXED VEG, PEARS, MILK 1%	TURKEY SLOPPY JOE ON A WHOLE WHEAT SLIDER, CORN, PEACHES, MILK 1%	GRILLED CHICKEN BREAST PARM, BROCCOLI FLORETS, FRUIT COCKTAIL, MILK 1%	WHOLE GRAIN PANCAKE, TURKEY SAUSAGE, PINEAPPLE TIDBITS, MILK 1%
P.M. Snack	PRETZEL RODS WITH CHEDDAR CHEESE CUBES	ORGANIC WHOLE BABY CARROTS, HUMMUS	PRETZEL RODS, COLBY JACK CHEESE CUBES	ORGANIC APPLE, SUNFLOWER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT CRACKERS
Week Beginning on August 24, 2015					
A.M. Snack	VANILLA YOGURT, MANGO CHUNKS, MILK 1%	TASTEEO CEREAL, ORANGE SLICES, MILK 1%	WHOLE GRAIN MINI BAGEL, APPLE BUTTER, CANTELOPE, HONEYDEW, MILK 1%	CRISPY RICE CEREAL, BLUEBERRIES, MILK 1%	CHEF'S
Lunch	TUNA SALAD ON WHOLE GRAIN SLIDER ROLL, PEAS, PEACHES, MILK 1%	TOMATO SOUP, HALF GRILLED CHEESE ON WHOLE WHEAT BREAD, TROPICAL FRUIT, MILK 1%	CHEESEBURGER (VO - Garden Burger) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	TURKEY & CHEESE ON WHOLE WHEAT WRAP, CORN, MANDARIN ORANGES, MILK 1%	CHOICE
P.M. Snack	GRAHAM CRACKERS, APPLE BUTTER	WHOLE GRAIN SPIKERZ RANCH CRACKERS, APPLESAUCE	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	ORGANIC APPLE, SUNBUTTER OR SOYBUTTER	MEALS