Chesterbrook Academy January 2018 Menu

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

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

Week Beginning on January 1, 2018					
A.M. Snack	HAPPY	TASTEEO CEREAL, MIXED BERRIES, MILK	GREEK VANILLA YOGURT, MANGO CHUNKS, MILK	BLUEBERRY MUFFIN, ORANGE SLICES, MILK	WHOLE GRAIN WAFFLE, SUGAR FREE SYRUP, SLICED STRAWBERRIES, MILK
Lunch	NEW	GRILLED CHICKEN BREAST PATTY (VO - Gardein Chicken Strips), SWEET POTATO CHOPPED WEDGES, PEARS, MILK	WHOLE GRAIN PIZZA, FRESH TOSSED SALAD, RANCH DRESSING, BLUEBERRIES, MILK	CHEESESTEAK ON WHOLE GRAIN SLIDER, STRINGBEANS, APPLESAUCE, MILK	TURKEY CHILI, SPANISH RICE, PEAS, MELON, MILK
P.M. Snack	YEAR!	CHEDDAR CHEESE CUBES, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE	COOKIE FRIDAY
Week Beginning on January 8, 2018					
A.M. Snack	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, , MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUBERRIES, MILK	TASTEEO CEREAL, BANANA, MILK	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, MIXED BERRIES, MILK
Lunch	TURKEY & CHEESE on WHOLE WHEAT TORTILLA, CARROTS, APPLESAUCE, MILK 1%	MEATLOAF, MASHED POTATOES, WHITE CORN, MILK	MULTI-GRAIN FLAT BREAD PIZZA, CARROTS, PEARS, MILK	TURKEY SLOPPY JOE ON A WHOLE WHEAT SLIDER, CORN, BLUEBERRIES, MILK	GRILLED ITALIAN STYLE CHICKEN BREAST, BROCCOLI FLORETS, ORANGE SLICES, MILK
P.M. Snack	GREEK VANILLA YOGURT, BANANA	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	GRAHAM CRACKERS, APPLE BUTTER	SOFT PRETZEL , CHEESE SAUCE	FRESH APPLE, SUNBUTTER OR SOYBUTTER
Week Beginning on January 15, 2018					
A.M. Snack	WHOLE GRAIN ENGLISH MUFFIN, SLICED BANANA, MILK 1%	RICE KRISPIES CEREAL, BANANA, MILK	WHOLE GRAIN WAFFLE, ORANGE SLICES, MILK	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK	CORN FLAKES CEREAL, BANANA, MILK
Lunch	CHICKEN FAJITAS ON WHOLE WHEAT TORTILLA, CARROTS, DICED PEARS, MILK 1%	TURKEY SAUSAGE, EGG PATTY, CHEESE ON WHOLE WHEAT BAGEL, HASH BROWN POTATO STICK, SLICED STRAWBERRIES, MILK	WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, FRESH/FROZEN MELON, MILK	TURKEY FRANK (VO - Veggie Leanie) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK	WHOLE WHEAT PASTA, SPAGHETTI SAUCE, MIXED VEG, FRUIT COCKTAIL, MILK
P.M. Snack	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	GRAHAM CRACKERS WITH APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	GREEK VANILLA YOGURT, MIXED BERRIES	COOKIE FRIDAY
Week Beginning on January 22, 2018					
A.M. Snack	SCRAMBLED EGG PATTY, CANTELOPE & HONEYDEW, MILK 1%	RICE KRISPIES CEREAL, BLUEBERRIES, MILK	WHOLE GRAIN MINI BAGEL, APPLE BUTTER, MILK	BLUEBERRY MUFFIN, MANDARIN ORANGES, MILK	TASTEEO CEREAL, BANANA, MILK
Lunch	CHEESE RAVIOLETTI, SPAGHETTI SAUCE, BROCCOLI FLORETS, DICED PEACHES, MILK 1%	GRILLED CHEESE ON WHEAT BREAD, STRINGBEANS, SLICED STRAWBERRIES, MILK	CHEESEBURGER (VO - Garden Burger) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK	CHICKEN SALAD SANDWICH ON WHOLE WHEAT BUN, CARROTS, MILK	WHOLE GRAIN PANCAKE, TURKEY SAUSAGE, APPLES, MILK
P.M. Snack	NUT FREE TRAIL MIX (CHEX CEREAL, DRIED ORGANIC APPLE CHIPS)	VANILLA PUDDING, ANIMAL CRACKERS	SLICED CUCUMBERS WITH RANCH DRESSING	FRESH APPLE, SUNBUTTER OR SOYBUTTER	PRETZEL RODS, COLBY JACK CHEESE CUBES
Week Beginning on January 29, 2018					
A.M. Snack	RICE KRISPIES CEREAL, MELON BALLS, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUBERRIES, MILK	CORN FLAKES CEREAL, SLICED BANANA, MILK		
Lunch	CHEESEBURGER (VO - Garden Burger) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	GRILLED CHICKEN TOSSED SALAD W/RANCH DRESSING, WHOLE WHEAT SLIDER ROLL, APPLESAUCE, MILK	FISH STICKS, STRINGBEANS, MANGO CHUNKS, MILK		
P.M. Snack	WG CHEDDAR RICE CAKES, FRESH ORANGE SLICES	PRETZEL RODS, COLBY JACK CHEESE CUBES	GREEK VANILLA YOGURT, MIXED BERRIES		