

Chesterbrook Academy February 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 29, 2018					
A.M. Snack	RICE KRISPIES CEREAL, MELON BALLS, MILK	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, MILK	CORN FLAKES CEREAL, SLICED BANANA, MILK	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, ORANGE SLICES, MILK	CHEF'S CHOICE
Lunch	MAC N CHEESE, PINEAPPLES, STRINGBEANS, MILK	GRILLED CHICKEN TOSSED SALAD W/RANCH DRESSING, WHOLE WHEAT SLIDER ROLL, APPLESAUCE, MILK	CHEESE QUESADILLA, CORN, PEARS, MILK	RICE & BEANS, TOSSED SALAD W/RANCH DRESSING, SLICED STRAWBERRIES, MILK	CHEF'S CHOICE
P.M. Snack	WG CHEDDAR RICE CAKES, FRESH ORANGE SLICES	PRETZEL RODS, COLBY JACK CHEESE CUBES	PARFAIT (YOGURT, GRANOLA, PEACHES)	SUNBUTTER AND CRACKERS	CHEF'S CHOICE
Week Beginning on February 5, 2018					
A.M. Snack	TASTEEO CEREAL, MANDARIN ORANGES, MILK	BISCUIT, APPLEBUTTER MILK	WHOLE GRAIN WAFFLE, SUGAR FREE SYRUP, SLICED STRAWBERRIES, MILK	BLUEBERRY MUFFIN, ORANGE SLICES, MILK	WHOLE GRAIN BAGEL W, CREAM CHEESE, BANANA, MILK
Lunch	TOMATO SOUP, GRILLED CHEESE, APPLESAUCE, MILK	BBQ CHICKEN SLIDERS, STRINGBEANS, PINEAPPLES, MILK	WHOLE GRAIN PIZZA, FRESH TOSSED SALAD, RANCH DRESSING, BLUEBERRIES, MILK	SALSURY STEAK, MASHED POTATO, GRAVY, PEACHES, MILK	SWEET & SOUR CHICKEN & RICE, DICED PEACHES, MILK
P.M. Snack	WG STRAWBERRY CHEX, PEARS	CHEDDAR CHEESE CUBES, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER	BABY CARROTS WITH RANCH DRESSING,	RED PEPPER HUMMUS, WHEAT CRACKERS
Week Beginning on February 12, 2018					
A.M. Snack	CORN FLAKES CEREAL, PEARS, MILK	FRENCH TOAST STICKS, BANANA, MILK	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, MILK	TASTEEO CEREAL, BANANA, MILK	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, MIXED BERRIES, MILK
Lunch	TURKEY & CHEESE on WHOLE WHEAT TORTILLA, CARROTS, APPLESAUCE, MILK	PIEROGIES, PEAS, PEACHES, MILK	MULTI-GRAIN FLAT BREAD PIZZA, CARROTS, PEARS, MILK	CHICKEN PASTA SALAD (CHICKEN, SLICED CARROTS AND CUCUMBERS RANCH DRESSING) MIXED BERRIES, MILK	GRILLED ITALIAN STYLE CHICKEN BREAST, BROCCOLI FLORETS, ORANGE SLICES, MILK
P.M. Snack	GREEK VANILLA YOGURT, BANANA	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	GOLDFISH CRACKERS, PEACHES	PRETZELS, COLBY JACK CHEESE CUBES	FRESH APPLE, SUNBUTTER
Week Beginning on February 19, 2018					
A.M. Snack	HAPPY	RICE KRISPIES CEREAL, BANANA, MILK	WHOLE GRAIN WAFFLE, ORANGE SLICES, MILK	FRENCH TOAST STICKS, BANANA, MILK	CORN FLAKES CEREAL, BANANA, MILK
Lunch	PRESIDENT'S	TURKEY SAUSAGE, HASH BROWN POTATO STICK, SLICED STRAWBERRIES, MILK	WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, FRESH/FROZEN MELON, MILK	CHICKEN AND RICE, MIXED VEGGIES, FRUIT COCKTAIL, MILK	WHOLE WHEAT PASTA, SPAGHETTI SAUCE, PEAS, PINEAPPLE, MILK
P.M. Snack	DAY!	GOLDFISH, SLICED ORANGES	SUNBUTTER, TORTILLA	GREEK VANILLA YOGURT, MIXED BERRIES	ORGANIC BABY CARROTS, HUMMUS
Week Beginning on February 26, 2018					
A.M. Snack	CHEX CEREAL, PEACHES MILK	FRENCH TOAST STICKS, BLUEBERRIES, MILK	WHOLE GRAIN MINI BAGEL, CREAM CHEESE, APPLESAUCE MILK	BLUEBERRY MUFFIN, MANDARIN ORANGES, MILK	CHEF'S CHOICE
Lunch	CHEESE RAVIOLETTI, SPAGHETTI SAUCE, BROCCOLI FLORETS, DICED PEACHES, MILK	GRILLED CHEESE ON WHEAT BREAD, STRINGBEANS, SLICED STRAWBERRIES, MILK	CHICKEN & CHEESE QUESADILLA, CORN, PEARS, MILK	MEATLOAF, MASHED POTATOS, GRAVY STRAWBERRIES, MILK	CHEF'S CHOICE
P.M. Snack	GOLDFISH, SLICED ORANGES	WHOLE GRAIN CHEDDAR RICE CAKES, BANANA	SLICED CUCUMBERS WITH RANCH DRESSING	FRESH APPLE, SUNBUTTER	CHEF'S CHOICE