

## Chesterbrook Academy December 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 December 3, 2018

A.M. Snack	PANCAKES, SUGAR FREE SYRUP, MIXED FRUIT, MILK 1%	ALPHA BITS CEREAL, BLUEBERRIES, MILK 1%	WHOLE GRAIN MINI BAGEL, APPLE BUTTER, MILK 1%	BLUEBERRY MUFFIN, MANDARIN ORANGES, MILK 1%	RAISIN BREAD, , MILK 1%
Lunch	MACARONI AND CHEESE, BROCCOLI FLORETS, DICED PEACHES, MILK 1%	GRILLED CHEESE ON WHEAT BREAD, STRINGBEANS, ORANGES, MILK 1%	TURKEY SLOPPY JOE (VO - Garden Burger) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	CHEESE QUESADILLA, CARROTS, MIXED FRUIT, MILK 1%	GRILLED CHICKEN ITALIAN (VO-VEGGIE NUGGETS), PEAS, APPLESAUCE, MILK 1%
P.M. Snack	NUT FREE TRAIL MIX (CHEX CEREAL, DRIED ORGANIC APPLE CHIPS)	GRAHAM CRACKERS WITH SUNBUTTER	CARROT STICKS WITH RANCH DRESSING	FRESH APPLE, SUNBUTTER	WG TRISCUITS, CHEESE STICKS

Week Beginning on December 10, 2018

A.M. Snack	FRENCH TOAST STICKS, MANGOS, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, MILK 1%	OATMEAL, SLICED BANANA, MILK 1%	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, ORANGE SLICES, MILK 1%	TASTEEOS CEREAL, BANANA, MILK 1%
Lunch	TURKEY CHILI (VO - Garden Burger) ON WHOLE WHEAT BUN, CORN, PINEAPPLE, MILK 1%	VEGETABLE LASAGNA, APPLESAUCE, MILK 1%	FISH BITES (VO-RICE AND BEANS), STRINGBEANS, PEARS, MILK 1%	CHICKEN TENDERS (VO-VEGGIE NUGGETS), TOSSED SALAD W/RANCH, MANGO, MILK 1%	CHEESE RAVIOLI WITH SPAGHETTI SAUCE, MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG CHEDDAR RICE CAKES, FRESH ORANGE SLICES	TOWNHOUSE CRACKERS, CHEESE SLICES	GREEK VANILLA YOGURT, GRAHAM CRACKERS	FRESH APPLE, SUNBUTTER	PITA CHIPS, HUMMUS

Week Beginning on December 17, 2018

A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	WHOLE WHEAT BAGELS WITH APPLEBUTTER, MILK 1%	WHOLE GRAIN WAFFLE, SLICED STRAWBERRIES, MILK 1%	RICE KRISPIES CEREAL, BANANA, MILK 1%	WG CRANBERRY ORANGE MUFFIN, MILK 1%
Lunch	VEG SPAGHETTI WITH WHOLE WHEAT PASTA, SAUCE AND CHEESE, MIXED VEG, PEACHES, MILK 1%	TURKEY TACOS ON WHOLE WHEAT TORTILLA(VO-CHEESE QUESADILLA), CORN, DICED PEARS, MILK 1%	WHOLE GRAIN CHEESE PIZZA, FRESH TOSSED SALAD, RANCH DRESSING, ORANGE WEDGES, MILK 1%	HAMBURGER ON WHOLE GRAIN SLIDER (VO-VEGGIE BURGER), STRINGBEANS, APPLESAUCE, MILK 1%	CHICKEN POT PIE (VO-GARDEN CHICKEN STRPES),WG BISCUITS, PEACHES, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	CHEDDAR CHEESE SLICES, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER	WG/ STRAWBERRY CHEX, CHEESE STICK	CHEDDAR CHEESE SLICE, WHEAT CRACKERS

Week Beginning on December 24, 2018

A.M. Snack	CHEF'S	HAPPY	MINI WG BAGEL, STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK 1%	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, PEARS, MILK 1%
Lunch	CHOICE	HOLIDAYS	WG PASTA WITH SAUCE AND CHEESE, STRINGBEANS, APPLESAUCE, MILK 1%	CHICKEN NUGGETS (VO-VEGGIE NUGGETS), TATER TOTS, PEACHES, MILK 1%	BBQ SHREDDED CHICKEN SANDWICH (VO-PIEROGIES), BROCCOLI FLORETS, ORANGE SLICES, MILK 1%
P.M. Snack	DAY	TO ALL!	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER

Week Beginning on December 31, 2018

A.M. Snack	CHEF'S	HAPPY	WHOLE GRAIN WAFFLE, PEACHES, MILK 1%	HONEY GRAHAM SQUARES CEREAL, MILK 1%	FRENCH TOAST STICKS, SUGAR FREE SYRUP, PEARS, MILK 1%
Lunch	CHOICE	NEW	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE PATTY), BROCCOLI FLORETS, MANGO, MILK 1%	PIZZA MAC CHEESE STICK, DIPPING SAUCE, PEAS, APPLESAUCE, MILK 1%	WG CHEESE PIZZA, TOSSED SALAD WITH RANCH, MIXED FRUIT, MILK 1%
P.M. Snack	DAY	GRAHAM CRACKERS WITH APPLE BUTTER	FRESH APPLE, SUNBUTTER	GREEK VANILLA YOGURT, GRAHAM CRACKER	PRETZELS, SUNBUTTER