**Chesterbrook Academy**

**August 2019**

**All of our milk is organic. Green text indicates fresh or frozen produce, wheat, whole-grain & multi-grain items.**

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| August 1-2 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | Tasteeo Cereal, Banana, Milk | Whole Grain Waffle, Sugar Free Syrup, Mixed Berries, Milk  |
| Tuna Salad Sandwiches on Whole Wheat bread, Sweet Potato Fries, Tropical Fruit, Milk | Whole Grain Cheese Pizza, with Garden Salad, Ranch Dressing, Pineapples, & Milk |
| Applesauce and Animal Crackers | Fresh Banana Smoothies with Graham Crackers |
| August 5-9 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Breakfast | Rice Krispies Cereal, Applesauce, Milk | Vanilla Yogurt, Mixed Berries, Milk | Whole Grain Pancakes, Sugar Free Syrup, Peaches, Milk | Whole Grain Mini Bagels, Cream Cheese, Pineapples, Milk | Chef’s Choice  |
| **LUNCH** | Fish Sticks, Rice Pilaf, Applesauce, Milk | Grilled Cheese on Whole Grain Bread, Tomato Soup, Pears, Milk | Whole Grain Pasta with Beef Crumbles in Cheese Sauce, Corn, Peaches, Milk | BBQ Chicken on Whole Grain Slider, Sweet Potato Fries, Pineapple, Milk | Chef’s Choice (allergies will be taken care of)  |
| **PM Snack** | Whole Grain Goldfish | Graham Crackers, Applesauce | Townhouse Crackers, Cheese Slices | Pita Bread with Sunbutter | Chef’s Choice  |
| August 12-16 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | Rice Krispies Cereal, Oranges, Milk | Blueberry Muffin, Fruit Cocktail, Milk | Whole Wheat Cinnamon Toast, Bananas & Milk  | Pancakes with sugar free surup, Mixed Berries, Milk | Tasteeo Cereal, Blueberries & Milk |
| **LUNCH** | Chicken Quesadillas, (Whole Wheat Tortilla, Diced Chicken, Shredded Cheese),, Stringbeans, Mango, Milk | Turkey and Cheese on Whole Wheat bread, Peas, Mandarin Oranges, Milk | Chicken Giggles, Sweet Potato Fries, Pears, Milk | Cheese Tortellini, Alfredo Sauce, Broccoli Florets, Diced Peaches, Milk | Hamburgers on Whole Wheat Rolls, Tator Tots, Mixed Fruit, Milk  |
| **PM Snack** | Wheat Crackers, Cheddar Cheese Cubes | Fresh Oranges | Whole Grain Goldfish  | Sliced Cucumbers with Ranch Dressing, Mozzarella String Cheese  | Cantaloupe with Yogurt |

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| August 19-23 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Breakfast | Whole Grain Toast with Fresh Fruit Preserves, Milk | Corn Flakes Cereal, Bananas, Milk  | Whole Grain English Muffin, Apple Butter, Milk  | Whole Grain French Toast Sticks Fruit Cocktail, Milk | Tasteeo Cereal with Fresh Bananas, Milk |
| **LUNCH** | Sloppy Joes on Whole Wheat Bun, Tatar Tots, Pears, Milk | Chicken Caesar Wrap on a Whole Wheat Tortilla, String beans, Mandarin Oranges, Milk  | Shepard’s Pie(Beef Crumbles, Mashed Potatoes, Corn), Whole Wheat Roll, Fresh Fruit, Milk  | Chicken Nuggets, Whole Grain Pasta with Cheese Sauce, Stringbeans, Peaches, Milk  | Spaghetti with Salad, Fruit Cocktail, Milk |
| **PM Snack** | Mozzarella String Cheese & Wheat Crackers | Fresh Banana Smoothies, Ritz Crackers | Fresh Apples with Sun butter | Cheddar Cheese Cubes, Wheat Crackers | Cheese-it Crackers  |

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| August 26-30 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Breakfast | Chef’s Choice  | Whole Grain Toast, Fresh Fruit Preserves, Milk | Whole Grain English Muffin, Fresh Apple Butter, Milk | Whole Grain Toast, Fresh Fruit Preserves, Milk | Whole Grain English Muffin, Fresh Apple Butter, Milk |
| **LUNCH** | Chef’s Choice (allergies will be taken care of)  | Chicken Patties, Sweet Potato Fries, Pears, Milk | Chicken Casserole, Peas, Fruit Cocktail, Milk | Turkey/Ham and Cheese on a Whole Wheat Slider, Corn, Peaches, Milk | Chicken Tacos, Corn, Pears, Milk |
| **PM Snack** | Chef’s Choice  | Apple Granola Bites | Vanilla Pudding & Animal Crackers  | Sun butter with Graham Crackers | Greek Vanilla Yogurt, Mixed Berries  |