

Chesterbrook Academy July 2019 Menu

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

Red text = vegetarian option.

= vegetarian option.

| Week Beginning on July 1, 2019 | | | | | |
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| A.M. Snack | BLUEBERRY MUFFIN, MANDARIN ORANGES, MILK 1% | ALPHA BITS CEREAL, BLUEBERRIES, MILK 1% | WHOLE GRAIN MINI BAGEL, APPLE BUTTER, MILK 1% | HAPPY | CHEF |
| Lunch | CHICKEN & CHEESE WG QUESADILLA, CARROTS, MIXED BERRIES, MILK 1% | GRILLED CHEESE ON WHEAT BREAD, STRINGBEANS, SLICED STRAWBERRIES, MILK 1% | BBQ BEEF BRISKET SANDWICH (VO - Garden Burger) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1% | 4th of | CHOICE |
| P.M. Snack | FRESH APPLE, SUNBUTTER OR SOYBUTTER | WHOLE GRAIN SPIKERZ RANCH CRACKERS, APPLESAUCE | SLICED CUCUMBERS WITH RANCH DRESSING | JULY! | DAY! |
| Week Beginning on July 8, 2019 | | | | | |
| A.M. Snack | WG FRENCH TOAST STICKS, MILK 1% | WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1% | CORN FLAKES CEREAL, SLICED BANANA, MILK 1% | WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, ORANGE SLICES, MILK 1% | TASTEEOS CEREAL, BANANA, MILK 1% |
| Lunch | LASAGNA ROLL UPS, CORN, DICED PEACHES, MILK 1% | DICED CHICKEN SALAD W/RANCH DRESSING, WHOLE WHEAT SLIDER ROLL, APPLESAUCE, MILK 1% | FISH BITES, STRINGBEANS, PEARS, MILK 1% | CHICKEN FAJITAS on WG TORTILLA, SLICED AVOCADO, SLICED STRAWBERRIES, MILK 1% | PIEROGIES, MIXED VEG, FRUIT COCKTAIL, MILK 1% |
| P.M. Snack | MOZZARELLA STRING CHEESE, WHEAT CRACKERS | FRESH APPLE, SUNBUTTER OR SOYBUTTER | GREEK VANILLA YOGURT, MIXED BERRIES | TOWNHOUSE CRACKERS, CHEESE SLICES | PITA CHIPS, HUMMUS |
| Week Beginning on July 15, 2019 | | | | | |
| A.M. Snack | HONEY GRAHAM SQUARES CEREAL, MILK 1% | TASTEEO CEREAL, MIXED BERRIES, MILK 1% | WHOLE GRAIN WAFFLE, SLICED STRAWBERRIES, MILK 1% | WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1% | WG CRANBERRY ORANGE MUFFIN, MILK 1% |
| Lunch | TURKEY TETRAZZINI, WHOLE WHEAT MACARONI, MIXED VEG, SLICED STRAWBERRIES, MILK 1% | CHICKEN POT PIE (VO - Gardein Chicken Strips), WHOLE GRAIN BISCUIT, PEACHES, MILK 1% | WHOLE GRAIN PIZZA, FRESH TOSSED SALAD, RANCH DRESSING, BLUEBERRIES, MILK 1% | BEEF NUGGETS, WHOLE GRAIN SLIDER, STRINGBEANS, APPLESAUCE, MILK 1% | TURKEY TACOS ON WHOLE WHEAT TORTILLA, CARROTS, DICED PEARS, MILK 1% |
| P.M. Snack | COLBY JACK CHEESE STICK, WG TRISCUITS | CHEDDAR CHEESE SLICES, WHEAT CRACKERS | FRESH APPLE, SUNBUTTER OR SOYBUTTER | SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE | WG STRAWBERRY CHEX, GREEK VANILLA YOGURT |
| Week Beginning on July 22, 2019 | | | | | |
| A.M. Snack | WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1% | WHOLE GRAIN PANCAKE, MIXED BERRIES, MILK 1% | MINI WG BAGEL, STRAWBERRY PRESERVES, MILK 1% | CORN FLAKES CEREAL, SLICED BANANA, MILK 1% | WG BANANA MUFFIN, MILK 1% |
| Lunch | MULTI-GRAIN FLAT BREAD PIZZA, CARROTS, PEARS, MILK 1% | BBQ SHREDDED CHICKEN SANDWICH, BROCCOLI FLORETS, ORANGE SLICES, MILK 1% | WG PASTA, BEEF CRUMBLES, STRINGBEANS, APPLESAUCE, MILK 1% | CHEF SALAD w/DICED TURKEY HAM, PEACHES, MILK 1% | CHEESE QUESADILLA ON WHOLE WHEAT TORTILLA, CARROTS, DICED PEARS, MILK 1% |
| P.M. Snack | GRAHAM CRACKERS, APPLE BUTTER | FRESH APPLE, SUNBUTTER OR SOYBUTTER | HUMMUS, WG PITA | MOZZARELLA STRING CHEESE, WHEAT CRACKERS | WG STRAWBERRY CHEX |
| Week Beginning on July 29, 2019 | | | | | |
| A.M. Snack | APPLE CINNAMON MUFFIN, MILK 1% | RICE KRISPIES CEREAL, BERRIES, MILK 1% | WHOLE GRAIN WAFFLE, MIXED BERRIES, MILK 1% | HONEY GRAHAM SQUARES CEREAL, MILK 1% | SCRAMBLED EGG PATTY, MILK 1% |
| Lunch | DICED TURKEY HAM, MASHED POTATOES, PINEAPPLE, MILK 1% | TURKEY CHILI (VO - Garden Burger) ON WHOLE WHEAT BUN, CORN, PINEAPPLE, MILK 1% | WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, FRESH/FROZEN MELON, MILK 1% | TUNA SALAD ON WG SALTINES, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1% | CHEESE RAVIOLETTI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1% |
| P.M. Snack | WG CHEDDAR RICE CAKES, FRESH ORANGE SLICES | WG GRANOLA BITES | FRESH APPLE, SUNBUTTER OR SOYBUTTER | GREEK VANILLA YOGURT, PINEAPPLE TIDBITS | WG WAFFLE GRAHAMS (APPLE CINN or STRAWBERRY) |