WEEKLY MENU

BREAKFAST SNACK

Our breakfast snack is prepared by our opening teacher. This is not meant to be a full breakfast, but rather a small snack, in addition to your child's breakfast at home and/or until our morning snack. Served daily 7:00-7:30am.

MONDAY
Rice krispies served with 1% organic milk.

TUESDAY
Cheerios served organic 1% milk

WEDNESDAY
Kix served with organic 1% milk

THURSDAY
Rice krispies with organic 1% milk

FRIDAY
Cheerios and organic 1% milk

MORNING SNACK

Our morning snack is served with mainly fresh fruit. Our canned fruit is served in pear juice.

MONDAY
Biscuits, turkey sausage and apple butter
V: Veggie sausage

TUESDY
Nutrigrain bars and string cheese

Wednesday
Vanilla yogurt with homemade granola

THURSDAY
Homemade banana bread and applesauce

FRIDAY
Cheerios and peaches

LUNCH

Our lunch is prepared with love by Miss Rachel .

MONDAY
Pasta bake with chicken, texas toast, broccoli and mango. Served with organic milk.
V: Soy chicken

TUESDAY
Chicken noodle soup, steamed carrots, pineapple and breadsticks. Served with organic milk.
V: Tomato soup with rice

WEDNESDAY
Beef tacos, cheese, salsa, vegetarian refried beans, peaches and fajita veggies.
V: Soy beef crumble tacos

THURSDAY — I/T – Crackers
Mini burgers, sweet potato fries, itlalian veggies and bananas. Served with organic milk
V: Soy chicken tenders.

FRIDAY — IT Diced apples
Cheesy ham and rice casserole, peas and carrots, apples served with organic milk.
V: Veggie, cheese and rice casserole.

AFTERNOON SNACK

This snack is prepared mostly with fresh fruits and vegetables. Served daily at 3:30 pm

MONDAY
Pretzel bites with hummus — I/T apple butter

TUESDAY
Crackers and sliced cheese

WEDNESDAY
Bosco sticks with mararia and apple slices

THURSDAY
Rice cakes with cream cheese — I/T pitas with cream cheese

FRIDAY
Chex mix and string cheese — I/T Goldfish and string cheese

NOTE TO FAMILIES:

Organic whole milk is served to our infant and toddler rooms. Organic 1% milk is served to all other children. Our food is delivered on Wednesday and we tend to serve our fresh fruits and fresh vegetables on Wednesday afternoon through Friday. The fruit that has good shelf life will be served the following Monday and Tuesday. We try to serve at least one vegetarian meal each week. However, will have vegetarian options available when needed.

Feb 3rd-Feb 7th

CHESTERBROOK ACADEMY
A Nobel Learning Community