

## Chesterbrook Academy November 2021 Menu

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

Red text = vegetarian option.

Week Beginning on November 1, 2021					
A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, <b>MIXED BERRIES</b> , MILK 1%	<b>WG MAPLE WAFFLE</b> , MILK 1%	FRENCH TOAST STICKS, MILK 1%	ENGLISH MUFFIN, APPLE BUTTER, MILK 1%
Lunch	TURKEY PEPPERONI CALZONE, <b>MIXED VEG</b> , DICED PINEAPPLES, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), FRUIT SALAD, GREEN BEANS, MILK 1%	<b>TURKEY TACO MEATLOAF</b> , MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, <b>SWEET PEAS</b> , DICED PEACHES, MILK 1%	<b>WG CHICKEN DRUMMIES</b> , STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, <b>WG TRISCUITS</b>	PRETZELS	<b>NACHO SPIKERS CRACKERS</b>	<b>WG SOFT BAKED OATMEAL COOKIE</b>	<b>SLICED CUCUMBERS WITH RANCH DRESSING</b> , MOZZARELLA STRING CHEESE
Week Beginning on November 8, 2021					
A.M. Snack	RICE KRISPIES CEREAL, <b>BERRIES</b> , MILK 1%	<b>WHOLE GRAIN PANCAKE</b> , <b>MIXED BERRIES</b> , MILK 1%	MINI WG BAGEL, STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, <b>SLICED BANANA</b> , MILK 1%	<b>WG BANANA MUFFIN</b> , MILK 1%
Lunch	TURKEY HAM & CHEESE ON <b>WG HAWAIIAN SLIDER</b> , <b>CORN</b> , MANDARIN ORANGES, MILK 1%	<b>WG CHICKEN NUGGETS (VO - veggie nuggets)</b> , <b>BROCCOLI FLORETS</b> , <b>ORANGE SLICES</b> , MILK 1%	<b>WG PASTA</b> , STRINGBEANS, APPLESAUCE, MILK 1%	ZESTY ORANGE DICED CHICKEN, <b>BROWN RICE</b> , PEACHES, MILK 1%	CHEESE QUESADILLA ON <b>WHOLE WHEAT TORTILLA</b> , CARROTS, DICED PEARS, MILK 1%
P.M. Snack	RANCH SPIKERS	VANILLA YOGURT	VANILLA WAFER COOKIES	<b>CHEESE CUBES</b> , <b>WHEAT THIN CRACKERS</b>	<b>WG PIZZA CRACKERS</b>
Week Beginning on November 15, 2021					
A.M. Snack	<b>WG OATMEAL BAR</b>	TASTEEO'S CEREAL, <b>BANANA</b> , MILK 1%	<b>WG MINI BAGEL</b> , APPLE BUTTER, MILK 1%	<b>WG FRENCH TOAST STICKS</b> , <b>BLUEBERRIES</b> , MILK 1%	APPLE CINNAMON MUFFIN, MILK 1%
Lunch	BBQ CHICKEN HAWAIIAN SLIDER, <b>BROWN RICE</b> , PINEAPPLE, MILK 1%	<b>WG MOZZARELLA STICKS</b> , SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA ( <b>VO - Garden Burger</b> ), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, DICED POTATOES, MILK 1%	DICED TURKEY HAM, MASHED POTATOES, DICED PEACHES, MILK 1%
P.M. Snack	GOLDFISH CRACKERS	CHEEZIT CRACKERS	SPORTS BITES	TEDDY GRAHAMS	BLUEBERRY MUFFINS
Week Beginning on November 22, 2021					
A.M. Snack	WG CORN MUFFIN, MILK 1%	<b>WG BISCUIT</b> , <b>BLUEBERRIES</b> , MILK 1%	CORN FLAKES CEREAL, MILK 1%	HAPPY	HAPPY
Lunch	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED MANGO, MILK 1%	MAC N CHEESE, <b>STRINGBEANS</b> , PEARS, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD, <b>WG SLIDER</b> , TATER TOTS, APPLESAUCE, MILK 1%	SCHOOL CLOSED	SCHOOL CLOSED
P.M. Snack	<b>WG PIZZA CRACKERS</b>	VANILLA YOGURT, <b>MIXED BERRIES</b>	<b>WG GOLDFISH CRACKERS</b>	THANKSGIVING!	THANKSGIVING
Week Beginning on November 29, 2021					
A.M. Snack	YOGURT, <b>DICED MANGO</b> , MILK 1%	RICE KRISPIES CEREAL, MILK 1%	<b>WHOLE GRAIN ENGLISH MUFFIN</b> , APPLE BUTTER, <b>BLUBERRIES</b> , MILK 1%	<b>WG BLUEBERRY WAFFLE</b> , <b>MIXED BERRIES</b> , MILK 1%	<b>WG FRENCH TOAST STICKS</b> , MILK 1%
Lunch	GRILLED CHEESE ON <b>WHEAT</b> , STRINGBEANS, DICED PEACHES, MILK 1%	RICE & BEAN BOWL, <b>CORN</b> , MANDARIN ORANGES, MILK 1%	<b>WG PIZZA</b> , MIXED VEGGIES, DICED PEARS, MILK 1%	<b>WHOLE GRAIN CHICKEN PATTY</b> , <b>BROCCOLI FLORETS</b> , APPLESAUCE, MILK 1%	TURKEY BURGER, <b>CORN</b> , DICED PEACHES, MILK 1%
P.M. Snack	<b>APPLE CINNAMON LOAF</b>	<b>WG GRANOLA BITES</b>	GOLDFISH CRACKERS	RANCH SPIKERS	MOZZARELLA STRING CHEESE, <b>WHEAT THIN CRACKERS</b>

[Redacted]



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