

Chesterbrook Academy January 2022 Menu

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

Red text = vegetarian option.

Week Beginning on January 3, 2022					
A.M. Snack	Cereal, Fruit, Milk 2%	Yogurt, Milk 2%	Cereal, Fruit, Milk 2%	Chef's Choice	English Muffin with Cheese, Milk 2 %
Lunch	Chicken BBQ Sandwich, Vegetable, Fruit, Milk 2%	Cheese Ravioli, Vegetable, Fruit, Milk 2%	French Toast Sticks, Turkey Sausage, Fruit, Milk 2%	Chef's Choice	Chicken Fries, Vegetable, Fruit, Milk 2%
P.M. Snack	Goldfish Crackers	Cucumbers and Ranch	Cheese and Crackers	Chef's Choice	Carrots and Ranch
Week Beginning on January 10, 2022					
A.M. Snack	Cereal, Fruit, Milk 2%	Pancakes, Fruit, Milk 2%	Yogurt, Fruit, Milk 2%	Cereal, Fruit, Milk 2%	Muffin, Milk 2%
Lunch	Pizza, Vegetable, Fruit, Milk 2%	Sunbutter and Jelly Sandwich, Vegetable, Fruit, Milk 2%	Mac 'N' Cheese, Vegetable, Fruit, Milk 2%	Chicken Tacos, Vegetable, Fruit, Milk 2%	Grilled Cheese Sandwich, Tomato Soup, Fruit, Milk 2%
P.M. Snack	Apple Slices	Pretzels	Cheez- Its	Sports Crackers	Bananas
Week Beginning on January 17, 2022					
A.M. Snack	Cereal Bar, Milk 2%	Waffles, Fruit, Milk 2%	Cereal, Fruit, Milk 2%	Muffin, Milk 2%	Chef's Choice
Lunch	Spaghetti, Vegetable, Fruit, Milk 2%	Chicken Noodle Soup, Vegetable, Fruit, Milk 2%	Diced Turkey with Gravy, Mashed Potatoes, Fruit, Milk 2%	Pizza, Salad, Fruit, Milk 2%	Chef's Choice
P.M. Snack	Graham Crackers	Toll House Crackers & Cheese Cubes	Yogurt	Apple Slices	Chef's Choice
Week Beginning on January 24, 2022					
A.M. Snack	Bagels, Jelly, Milk 2%	Cereal, Fruit, Milk 2%	Muffin, Milk 2%	Toast, Apple Butter, Milk 2%	Yogurt, Milk 2%
Lunch	Pizza, Salad, Fruit, Milk 2%	Mac 'N' Cheese, Vegetable, Fruit, Milk 2%	Fish Sticks, Tater Tots, Fruit, Milk 2%	Chicken Nuggets, Vegetable, Fruit, Milk 2%	Chicken and Rice, Vegetable, Fruit, Milk 2%
P.M. Snack	Wheat Crackers	Applesauce	Saltines and Cheese Slices	Pita Bread and Hummus	Cheez-Its