



Chesterbrook Academy
6210 Multiplex Drive, Centreville, VA 20121 (703) 968-2939

March 2022

Week 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/28/2022	3/1/2022	3/2/2022	3/3/2022	3/4/2022
BREAKFAST:					
	Tasteos Cereal & Fruit	Muffin & fruit	Bagels and Cream Cheese	Rice Krispies & Fruit	Oatmeal & Fruit
LUNCH:					
	Chicken Patty Whole Milk (age 1) or 2% Milk (age 2+)	Beef Sub Whole Milk (age 1) or 2% Milk (age 2+)	Chicken Alfredo Whole Milk (age 1) or 2% Milk (age 2+)	Grilled Cheese Sandwich Whole Milk (age 1) or 2% Milk (age 2+)	Cheese Pizza Whole Milk (age 1) or 2% Milk (age 2+)
	Carrots	Peas	Corn	Green Beans	Mixed Vegetables
	Pears	Fresh Fruit	Pears	Apple sauce	Peaches
PM SNACK:					
	Cheezits & Cheese	Vanilla Cookies & Fruit	Townhouse Crackers & Cheese	Yogurt & Mixed Berries	Apples & Sun butter
Week 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/7/2022	3/8/2022	3/9/2022	3/10/2022	3/11/2022
BREAKFAST:					
	Muffin & Fruit	Egg Patty & Fruit	Cornflakes & Fruit	Oatmeal & Fruit	Tasteos & Fruit
LUNCH:					
	Fish Sticks Whole Milk (age 1) or 2% Milk (age 2+)	Turkey Sandwich Whole Milk (age 1) or 2% Milk (age 2+)	Chicken Quesadilla Whole Milk (age 1) or 2% Milk (age 2+)	Sloppy Joe Whole Milk (age 1) or 2% Milk (age 2+)	Chicken Nugget Whole Milk (age 1) or 2% Milk (age 2+)
	Green Beans	Corn	Peas	Carrots	Green Beans
	Mandarin Oranges	Peaches	Fresh Fruit	Fresh Fruit	Pineapple
PM SNACK:					
	Saltine Crackers & Cheese	Graham Crackers & Sun butter	Yogurt & Mixed Berries	Cheezits & Cheese	Strawberry Waffle Grahams & Fruit
Week 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/14/2022	3/15/2022	3/16/2022	3/17/2022	3/18/2022
BREAKFAST:					
	Rice Krispies & Fruit	Bagels & Cream Cheese	Cornflakes & Fruit	Egg Patty & fresh fruit	Muffin & Fruit
LUNCH:					
	Pierogies Whole Milk (age 1) or 2% Milk (age 2+)	Chicken Salad Sandwich Whole Milk (age 1) or 2% Milk (age 2+)	Hot Dogs Whole Milk (age 1) or 2% Milk (age 2+)	Chicken & Rice Whole Milk (age 1) or 2% Milk (age 2+)	Chefs Choice Whole Milk (age 1) or 2% Milk (age 2+)
	Peas	Corn	Baked Beans	Mixed Vegetables	Chefs Choice
	Pineapple	Fresh Fruit	Pears	Peaches	Chefs Choice
PM SNACK:					
	Pretzels & Cheese	Vanilla Cookies & Fresh Fruit	Townhouse Crackers & Cheese	Apples & Sun Butter	Graham Crackers & Fruit
Week 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/21/2022	3/22/2022	3/23/2022	3/24/2022	3/25/2022
BREAKFAST:					
	Muffin & Fruit	Cornflakes & Fruit	Oatmeal & Fruit	Rice Krispies & Fruit	Bagel & Cream Cheese
LUNCH:					
	Corndogs Whole Milk (age 1) or 2% Milk (age 2+)	Grilled Cheese Sandwich Whole Milk (age 1) or 2% Milk (age 2+)	Spaghetti Whole Milk (age 1) or 2% Milk (age 2+)	Beef Sub Whole Milk (age 1) or 2% Milk (age 2+)	Fish Sticks Whole Milk (age 1) or 2% Milk (age 2+)
	Greenbeans	Corn	Mixed Salad	Mixed Vegetables	Carrots
	Pineapple	Fruit Cocktail	Fresh Fruit	Apple sauce	Fresh Fruit
PM SNACK:					
	Saltine Crackers & Cheese	Graham Crackers & Fruit	Yogurt & Mixed Berries	Cheezits & Cheese	Vanilla Cookies & Fruit
Week 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/28/2022	3/29/2022	3/30/2022	3/31/2022	4/1/2022
BREAKFAST:					
	Tasteos Cereal & Fruit	Egg Patty & Fruit	Rice Krispies & Fruit	Bagels & Cream Cheese	Cornflakes & Fruit
LUNCH:					
	Sloppy Joe Whole Milk (age 1) or 2% Milk (age 2+)	Mac & Cheese Whole Milk (age 1) or 2% Milk (age 2+)	Pierogies Whole Milk (age 1) or 2% Milk (age 2+)	Corn Dogs Whole Milk (age 1) or 2% Milk (age 2+)	Cheese Pizza Whole Milk (age 1) or 2% Milk (age 2+)
	Peas	Mixed Vegetables	Corn	Green Beans	Carrots
	Peaches	Fresh Fruit	Pears	Apple sauce	Fresh Fruit
PM SNACK:					
	Animal Crackers & Fruit	Town house crackers & Fruit	Apples & Sunbutter	Strawberry Grahams & Fruit	Pretzels & Cheese