

Chesterbrook Academy July 2022 Menu

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

Red text = vegetarian option.

| Week Beginning on July 4, 2022 | | | | | |
|---------------------------------|--------------------------------------|---|--|---|--|
| A.M. Snack | CLOSED | Yogurt, Milk 2% | Cereal, Fruit, Milk 2% | Waffles, Fruit, Milk 2% | Cereal, Fruit, Milk 2% |
| Lunch | CLOSED | Cheese Ravioli, Vegetable, Fruit, Milk 2% | French Toast Sticks, Turkey Sausage, Fruit, Milk 2% | Chicken Patty, Salad, Fruit, Milk 2% | Chicken Fries, Vegetable, Fruit, Milk 2% |
| P.M. Snack | CLOSED | Cucumbers and Ranch | Cheese and Crackers | Goldfish Crackers | Carrots and Ranch |
| Week Beginning on July 11, 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 July 18, 2022 | | | | | |
| A.M. Snack | Cereal Bar, Milk 2% | Waffles, Fruit, Milk 2% | Cereal, Fruit, Milk 2% | Yogurt | Cereal, Fruit, Milk 2% |
| Lunch | Spaghetti, Vegetable, Fruit, Milk 2% | Chicken Noodle Soup, Vegetable, Fruit, Milk 2% | Diced Turkey with Gravy, Mashed Potatoes, Fruit, Milk 2% | Chicken And Rice, Vegetable, Fruit, Milk 2% | Chicken Nuggets, Vegetable, Fruit, Milk 2% |
| P.M. Snack | Yogurt | Toll House Crackers & Cheese Cubes | Graham Crackers | Bananas | Pretzels |
| Week Beginning on July 25, 2022 | | | | | |
| A.M. Snack | Muffin, Milk 2% | Cereal, Fruit, Milk 2% | Toast, Apple Butter, Milk 2% | Cereal, Fruit, 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 |
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