

Chesterbrook Academy August 2022 Menu

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

Red text = vegetarian option.

Week Beginning on August 1, 2022					
A.M. Snack	TASTEEOS CEREAL, APPLESAUCE, MILK 2%	RICE KRISPIES CEREAL, BANANA, MILK 2%	STRAWBERRY CEREAL BAR, MILK 2%	WG WAFFLE, APPLESAUCE, MILK 2%	OATMEAL, MIXED TROPICAL FRUIT, MILK 2%
Lunch	WG PIZZA, TATER TOTS, DICED PEARS, MILK 2%	DICED TURKEY, MASHED POTATOES, PEAS, PINEAPPLES, MILK 2%	CHICKEN TACOS ON WG TORTILLA WITH SHREDDED CHEESE AND LETTUCE, PEACHES, MILK 2%	WG RAVIOLI, CORN, APPLESAUCE, MILK 2%	TURKEY SAUSAGE PATTY, WG WAFFLE, PEACHES, MILK 2%
P.M. Snack	WG CHEEZ-ITS	WG PRETZELS	GRAHAM CRACKERS, APPLE BUTTER	TORTILLA CHIPS AND SALSA	WG SPORTS CRACKERS
Week Beginning on August 8, 2022					
A.M. Snack	CORNFLAKES CEREAL, MIXED TROPICAL FRUIT, MILK 2%	CINNAMON APPLE MUFFINS, MILK 2%	WG ENGLISH MUFFIN WITH CHEESE, MILK 2%	STRAWBERRY YOGURT, MILK 2%	WG TOAST, APPLE BUTTER, MILK 2%
Lunch	FISH POLLOCK BITES, SWEET POTATO FRIES, BANANA, MILK 2%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken NUGGETS), BROCCOLI, PEARS, MILK 2%	CHEESE QUESADILLA ON WHOLE WHEAT TORTILLA, CARROTS, PEARS, MILK 2%	WG SPAGHETTI, PEAS, PEACHES, MILK 2%	WG MACARONI AND CHEESE, STRINGBEANS, APPLESAUCE, MILK 2%
P.M. Snack	WG TOLLHOUSE CRACKERS, CHEESE CUBES	CARROTS AND RANCH DRESSING	FRESH APPLE, SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS	STRAWBERRY CEREAL BAR
Week Beginning on August 15, 2022					
A.M. Snack	RICE KRISPIES CEREAL, STRAWBERRIES, MILK 2%	WG PANCAKE, BLUEBERRIES, MILK 2%	DUTCH APPLE YOGURT CUP, MILK 2%	CORN FLAKES CEREAL, MILK 2%	RICE KRISPY CEREAL, SLICED BANANA, MILK 2%
Lunch	WG CHICKEN TENDERS, STRINGBEANS, APPLESAUCE, MILK 1%	WG CHICKEN PATTY (VO - VEGGIE NUGGETS), BROCCOLI FLORETS, ORANGE SLICES, MILK 2%	WG GRILLED CHEESE SANDWICH, STRINGBEANS, APPLESAUCE, MILK 2%	WG PIZZA, PEAS, MANDARIN ORANGES, MILK 2%	WG FISH STICKS, MIXED VEG, SLICED STRAWBERRIES, MILK 2%
P.M. Snack	WG GRAHAM CRACKERS	PRETZEL WHEELS	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS	WG TRISCUITS, AMERICAN CHEESE SLICE
Week Beginning on August 22, 2022					
A.M. Snack	WG OATMEAL, STRAWBERRIES, MILK 2%	TASTEEOS CEREAL, BANANA, MILK 2%	WG MINI BAGEL, APPLE BUTTER, MILK 2%	WG FRENCH TOAST STICKS, BLUEBERRIES, MILK 1%	HONEY GRAHAM SQUARES CEREAL, MILK 2%
Lunch	BBQ CHICKEN ON WG BUN, BROCCOLI, PINEAPPLES, MILK 2%	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, PEARS, MILK 2%	CHIC & CHEESE QUESADILLA (VO - VEGGIE NUGGETS), SWEET POTATO FRIES, APPLESAUCE, MILK 2%	SUNBUTTER AND JELLY SANDWICH, CARROTS, APPLE SLICES, MILK 2%	TURKEY HAM, MASHED POTATOES, CORN, FRUIT COCKTAIL, MILK 2%
P.M. Snack	WG BLUEBERRY MUFFIN	CHEEZ-IT CRACKERS	CHIPS AND SLASA	GREEK VANILLA YOGURT	HUMMUS, WG PITA
Week Beginning on August 29, 2022					
A.M. Snack	TASTEEOS CEREAL, MILK 2%	WG WAFFLE, BLUEBERRIES, MILK 2%	CORN FLAKES CEREAL, MILK 1%	WG TOAST, TURKEY SAUSAGE, MILK 2%	CHEF'S
Lunch	CHICKEN AND RICE WITH CARROTS, ORANGE SLICES, MILK 2%	WG SPAGHETTI, PEAS, PEACHES, MILK 2%	GRILLED CHIC NUGGETS W/RANCH DRESSING, TATER TOTS, APPLESAUCE, MILK 2%	DICED TURKEY HAM, MASHED POTATOES, DICED PEACHES, MILK 2%	CHOICE
P.M. Snack	WG APPLE CINNAMON MUFFIN	GREEK VANILLA YOGURT	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG PRETZEL RODS	DAY!

[Redacted]



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