



Chesterbrook Academy Aldie

July 18-22, 2022

MONDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: **WG Bun**, Hamburger or Grilled Chicken (**VO-Vegetarian Patty**), Mixed Vegetables, Applesauce, Milk

PM SNACK: **Carrot Sticks**, Ranch Dressing (Gold Fish for 2 and under)

TUESDAY

AM SNACK: **WG Waffles**, Syrup, Milk

LUNCH: **WG Chicken Nuggets** (**VO-Vegetarian Nuggets**), Steamed Carrots, Mandarin Oranges, Milk

PM SNACK: Pretzel Wheels

WEDNESDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: Mozzarella Cheese Sticks, **Steamed Broccoli and Cauliflower**, Peaches, Milk

PM SNACK: Vanilla Wafers

THURSDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: Beefy Mac and Cheese, (**VO- Macaroni and Cheese**), Corn, Diced Pears, Milk

PM SNACK: **Cheese It Crackers**

FRIDAY

AM SNACK: **WG French Toast**, Milk

LUNCH: Turkey Meatloaf (**VO- Veggie Patty**), String Beans, **Bananas**, Milk

PM SNACK: Graham Crackers

Milk will be provided for AM Snack and Lunch. All beverages will be served in disposable drinking cups.

Red text = vegetarian option.

Green text = fresh/frozen produce, wheat, whole-grain, & multigrain items.