

Chesterbrook Academy 6210 Multiplex Drive, Centreville, VA 20125324 (703) 968-2939

September 2022 Menu

		W	eek l		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
BREAKFAST:		<i></i>	5,,,	51-1	
		Yogurt and Berries	Cornflakes Cereal & Fruit	Muffin and Fruit	Tasteeo Cereal & Fruit
LUNCH:					*
		Fish Sticks	Corn Dogs	Chicken Patty	Pizza
		Carrots	Green Beans	Peas	Mixed Vegetables
	CLOSED	Pineapple	Peaches	Fresh Fruit	Mandarin Oranges
		Whole Milk (age 1) or 2% Milk (age 2+)	Whole Milk (age 1) or 2% Milk (age 2+)	Whole Milk (age 1) or 2% Milk (age 2+)	Whole Milk (age 1) or 2% Milk (age 2+)
PM SNACK:					
		Sport Bites & Fruit	Cheez-it Crackers and Cheese	Educational Cookie and Fruit	Goldfish Crackers and Cheese
		W	eek 2		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
BREAKFAST:					
	Corn Flakes and Fruit	Muffin & Fruit	Tasteeo Cereal & Fruit	Yogurt and Berries	Rice Krispies & Fruit
LUNCH:					
	Chieken Nuggets	Corn Dogs	Pizza	fish Sticks	Chicken Patty
	Green Beans	Peas	Mixed Vegetables	Carrots	Corn
	Peaches	Fruit Cocktail	Pineapple	Pears	Mandarin Oranges
	Whole Milk (age 1) or 2%	Whole Milk (age 1) or 2% Milk	Whole Milk (age 1) or 2%	Whole Milk (age 1) or 2%	Whole Milk (age 1) or
	Milk (age 2+)	(age 2+)	Milk (age 2+)	Milk (age 2+)	2% Milk (age 2+)
PM SNACK:					1
	Townhouse crackers and Cheese	Cookie Vanilla Wafer and Fruit	Wheat Crackers and Cheese	Graham Crackers and Sunbutter	Pretzels & Cheese
		W	eek 3		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
BREAKFAST:					
		Muffin & Fruit	Rice Krispies & Fruit	Bagels and Cream Cheese	Cornflakes Cereal & Fruit
	Tasteeo Cereal & Fruit	inerin a rieic			connuces cerear a ribit
LUNCH:					
LUNCH:	Pizza	Chicken Patty	Chicken and Rice	Hot Dog	Fish Stick
LUNCH:	Pizza Corn	Chicken Patty Green Beans	Mixed Vegetables	Baked Beans	Fish Stick Peas
LUNCH:	Pizza Corn Pineapple	Chicken Patty Green Beans Mandarin Orange	Mixed Vegetables Pears	Baked Beans Fresh Fruit	Fish Stick Peas Peaches
	Pizza Corn Pineapple Whole Milk (age 1) or 2%	Chicken Patty Green Beans Mandarin Orange Whole Milk (age 1) or 2% Milk	Mixed Vegetables Pears Whole Milk (age 1) or 2%	Baked Beans Fresh Fruit Whole Milk (age 1) or 2%	Fish Stick Peas Peaches Whole Milk (age 1) or
	Pizza Corn Pineapple	Chicken Patty Green Beans Mandarin Orange	Mixed Vegetables Pears	Baked Beans Fresh Fruit	Fish Stick Peas Peaches
LUNCH:	Pizza Corn Pineapple Whole Milk (age 1) or 2%	Chicken Patty Green Beans Mandarin Orange Whole Milk (age 1) or 2% Milk (age 2+) Educational Cookie and Fruit	Mixed Vegetables Pears Whole Milk (age 1) or 2% Milk (age 2+) Wheat Cracker and Cheese	Baked Beans Fresh Fruit Whole Milk (age 1) or 2%	Fish Stick Peas Peaches Whole Milk (age 1) or
	Pizza Corn Pineapple Whole Milk (age 1) or 2% Milk (age 2+)	Chicken Patty Green Beans Mandarin Orange Whole Milk (age 1) or 2% Milk (age 2+) Educational Cookie and Fruit	Mixed Vegetables Pears Whole Milk (age 1) or 2% Milk (age 2+)	Baked Beans Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)	Fish Stick Peas Peaches Whole Milk (age 1) or 2% Milk (age 2+)
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PM SNACK:	Pizza Corn Pineapple Whole Milk (age 1) or 2% Milk (age 2+) Cheez-it Crackers and cheese	Chicken Patty Green Beans Mandarin Orange Whole Milk (age 1) or 2% Milk (age 2+) Educational Cookie and Fruit	Mixed Vegetables Pears Whole Milk (age 1) or 2% Milk (age 2+) Wheat Cracker and Cheese cok 4	Baked Beans Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+) All Sport Bites and Fruit	Fish Stick Peas Peaches Whole Milk (age 1) or 2% Milk (age 2+) Goldfish Crackers and Cheese
PM SNACK: MEAL PATTERN	Pizza Corn Pineapple Whole Milk (age 1) or 2% Milk (age 2+) Cheez-it Crackers and cheese MONDAY 9/26/2022	Chicken Patty Green Beans Mandarin Orange Whole Milk (age 1) or 2% Milk (aqe 2+) Educational Cookie and Fruit W TUESDAY 9/27/2022	Mixed Vegetables Pears Whole Milk (age 1) or 2% Milk (age 2+) Wheat Cracker and Cheese eek 4 WEDNESDAY 9/28/2022	Baked Beans Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+) All Sport Bites and Fruit THURSDAY 9/29/2022	Fish Stick Peas Peaches Whole Milk (age 1) or 2% Milk (age 2+) Goldfish Crackers and Cheese FRIDAY 9/30/2022
PM SNACK: MEAL PATTERN Dates: BREAKFAST:	Pizza Corn Pineapple Whole Milk (age 1) or 2% Milk (age 2+) Cheez-it Crackers and cheese MONDAY	Chicken Patty Green Beans Mandarin Orange Whole Milk (age 1) or 2% Milk (aqe 2+) Educational Cookie and Fruit W TUESDAY	Mixed Vegetables Pears Whole Milk (age 1) or 2% Milk (age 2+) Wheat Cracker and Cheese eek 4 WEDNESDAY	Baked Beans Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+) All Sport Bites and Fruit THURSDAY	Fish Stick Peas Peaches Whole Milk (age 1) or 2% Milk (age 2+) Goldfish Crackers and Cheese FRIDAY
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