

## Chesterbrook Academy October 2022 Menu

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

Red text = vegetarian option.

= vegetarian option.

Week Beginning on October 3, 2022					
A.M. Snack	CHEF'S	HONEY CHEERIOS CEREAL, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUBERRIES, MILK 1%	WG WAFFLE, MILK 1%	WG FRENCH TOAST STICKS, MILK 1%
Lunch	CHOICE	GRILLED CHEESE ON WHEAT, STRINGBEANS, DICED PEACHES, MILK 1%	WG PIZZA, MIXED VEGGIES, DICED PEARS, MILK 1%	WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, APPLESAUCE, MILK 1%	WG BEEF NUGGETS, CORN, MANDARIN ORANGES, MILK 1%
P.M. Snack	DAY!	WG SUNRISE MAPLE BITES	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS
Week Beginning on October 10, 2022					
A.M. Snack	RICE KRISPIES CEREAL, BANANA, MILK 1%	WG CROISSANT, APPLEBUTTER, MILK 1%	WG WAFFLE, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	WG CEREAL, MIXED BERRIES, MILK 1%
Lunch	WG EGG SCRAMBLER, STRING BEANS, FRUIT COCKTAIL, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	TURKEY or BEEF MEATLOAF, MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	WG CHICKEN TENDERS, STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	WG EDUCATIONAL CRACKERS	PRETZEL WHEELS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	CHURRO CRUNCH N CRAVE CRACKERS
Week Beginning on October 17, 2022					
A.M. Snack	WG MUFFIN, MILK 1%	WHOLE GRAIN PANCAKE, MIXED BERRIES, MILK 1%	CHEF'S	HONEY CHEERIOS CEREAL, MILK 1%	RICE KRISPY CEREAL, SLICED BANANA, MILK 1%
Lunch	WG FISH & CHS NUGGETS, MIXED VEG, FRUIT COCKTAIL, MILK 1%	WG CHICKEN NUGGETS (VO - veggie nuggets), BROCCOLI FLORETS, ORANGE SLICES, MILK 1%	CHOICE	ZESTY ORANGE DICED CHICKEN, BROWN RICE, PEACHES, MILK 1%	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED PEARS, MILK 1%
P.M. Snack	WG GRAHAM CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	DAY!	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS	WG TRISCUITS, AMERICAN OR CHEDDAR CHEESE SLICE
Week Beginning on October 24, 2022					
A.M. Snack	WG OATMEAL BAR	TASTEEOS CEREAL, BANANA, MILK 1%	WG MINI BAGEL, APPLE BUTTER, MILK 1%	HONEY GRAHAM SQUARES CEREAL, MILK 1%	CHEF'S
Lunch	BBQ CHICKEN ,HAWAIIAN SLIDER, BROCCOLI, PINEAPPLE, MILK 1%	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA (VO - Garden Burger), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD, WG SLIDER, TATER TOTS, MANDARIN ORANGES, MILK 1%	CHOICE
P.M. Snack	WG BLUEBERRY LEMON CRISPS	CHEEZIT CRACKERS	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	YOGURT CUP, DICED MANGO	DAY!

[Redacted]



St. Joseph's Child Care Center