



Chesterbrook Academy Aldie

September 26-30, 2022

MONDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: **WG Macaroni and Cheese**, **Steamed Broccoli**, Fruit Cocktail, Milk

PM SNACK: Wheat Thin Crackers

TUESDAY

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

LUNCH: **WG Bun**, Hamburger Patty (**VO-Vegetarian Patty**), Diced Pears, Smiley French Fries, Milk

PM SNACK: Cheese It Crackers

WEDNESDAY

AM SNACK: Yogurt, **Graham Crackers**

LUNCH: Cheese Quesadilla on **WG Tortilla**, Rice Pilaf with Mixed Vegetables, Applesauce, Milk

PM SNACK: Managers Choice

THURSDAY

AM SNACK: **WG English Muffin**, Jelly, Milk

LUNCH: **WG Grilled Chicken Nuggets** (**VO-Vegetarian Nuggets**), Mandarin Oranges, String Beans, Milk

PM SNACK: Dino Bite Crackers

FRIDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: **WG Biscuit**, Turkey Sausage (**VO- Vegetarian Patty**), Sliced Carrots, **Bananas**, Milk

PM SNACK: **WG Bagel**, Cream Cheese

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.