

CHESTERBROOK 2022

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
BREAKFAST:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Banana	Berrie	Canned Cinnamon Apples	Apricotes	Tropical Fruit
Grain/Meatz	WG Chex Cereal	WG Blueberry Muffins	Oatmeal	WG Waffle	WG O's Cereal
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Li'l Luau Slider	Cheesy Peasy	Corny Cowboy Poppers
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetablez	Oranges	Peaches	Pineapple	Pears	Peaches
Vegetable	Broccoli	Sweet Potato	Mixed Vegetables	Peas	Baked Beans
Grain	WG Crust	WG Tortilla	WG Hawaiian Roll	WG Mac & Cheese	WG Cornbread Poppers
Meat/Meat Alternate	Cheese	Breaded Chicken Patty	Beef Crumbles	Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Vegetarian		Veggie Burger	Meatless Meatballs	WG Mac & Cheese w/o Meat	Veggie Nuggets
SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit		Applesauce		Apple Slices	
Vegetable					
Grain	WG Apple Graham Crackers	WG Maple Bites	WG Goldfish Crakers		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
BREAKFAST:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Pears	Peaches	Apple	Peaches	Applesauce
Grain/Meatz	WG Cereal	WG Bagel	Oatmeal	WG Pancake	WG Cereal
Extra		Cream Cheese			
LUNCH:					
	Open Faced Tasty Toasty	Chicken Parm Sandwich	Beef Stroganoff	Deli Stackers	Baja Fish Taco
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetablez	Mandarin Oranges	Mango	Tropical Fruit	Apricots	Banana
Vegetable	Green Bean	Broccoli	Peas	Sweet Potato	Coleslaw
Grain	WG English Muffin	WG Roll	WG Pasta	WG Flatbread Stackers	WG Tortilla
Meat/Meat Alternate	Shredded Cheese	Chicken Nuggets	Beef Crumbles	Turkey/Sliced Cheese	Fish Sticks
Vegetarian		Veggie Nuggets	Pasta/Meatless Meatball	Grilled Cheese	Sunbutter and Jelly Sandwich
SNACK:					
Milk				Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit	Applesauce				
Vegetable					
Grain	WG Blueberry Lemon Bits	WG Wheat Cracker	WG Granola	Vegatable Crackers	WG All Sport Bites
Meat/Meat Alternate		String Cheese	Yogurt		

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

CHESTERBROOK 2022

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WEEK 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022

BREAKFAST:

Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Pears	Applesauce	Tropical Fruit	Peaches	Banana
Grain/Meat ¹	WG Cereal	WG Pancakes	Oatmeal	WG French Toast	WG Cereal
Vegetarian					

LUNCH:

	Bean & Cheese Quesadilla	Chicken and Waffles	Pasta Italiano	Thanksgiving Lunch	Chicken Stirfry
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Pineapple	Peaches	Apple	Pineapple	Mandarin Oranges
Vegetable	Mix Veggie	String Beans	Zucchini	Peas	Stir Fry Veggies
Grain	WG Tortilla	WG Waffle	WG Pasta	WG Dinner roll & Stuffing	WG Brown Rice
Meat/Meat Alternate	Black Bean/WG Brown Rice	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Warm Sliced Turkey	Diced Chicken or Grilled Chicken Nuggets
Vegetarian		Veggie Nuggets	Pasta/Meatless Meatball	Veggie Burger	Sunbutter and Jelly Sand

SNACK:

Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		"Whole Milk (age 1) or Low/Fat Free Milk (age 2+)"		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit					
Vegetable					
Grain	Educational Crackers	Granola	Cheez-it	WG Crackers	Vanilla Goldfish Cracker
Meat/Meat Alternate		Yogurt		Cheese Stick	

WEEK 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022

BREAKFAST:

Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Pears	Applesauce	Tropical Fruit	Apricots	Banana
Grain/Meat ¹	WG Bagel	WG Pancakes	WG Bagel/Egg	WG French Toast	WG Cereal
Extra	Cream Chese		Cheese		

LUNCH:

	Cheeseburger Slider	Meatloaf Sandwich	Grilled Cheese	Pineapple Meatball	Chicken Stirfry
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Mango	Peaches	Apple	Pineapple	Mandarin Oranges
Vegetable	Carrot	Peas	Zucchini	Green Bean	Stir Fry Veggies
Grain	Slider Roll	WG Bread	WG Bread	WG Roll	WG Brown Rice
Meat/Meat Alternate	Burger/Cheese	Meatloaf	Cheese	Meatball	Diced Chicken
Vegetarian	Veggie Burger	Black Beans	Grilled Cheese	Meatless Meatball	Sunbutter and Jelly Sand

SNACK:

Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		"Whole Milk (age 1) or Low/Fat Free Milk (age 2+)"		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit					
Vegetable					
Grain	Educational Crackers	Granola	Cheez-it	WG Crackers	Vanilla Goldfish Cracker
Meat/Meat Alternate		Yogurt		Cheese Stick	

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

