CHESTERBROOK NOVEMBER 2022

		WE	EEK 1		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
BREAKFAST:	,,,		, ,	13/	
Milk	Whole Milk (age 1) or	Whole Milk (age 1) or			
MIIK	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)			
Fruit/Vegetable	Banana	Clementine	Canned Cinnamon Apples	Berries	Mixed Fruit
Grain/Meat ¹	WG Cereal	WG Berry Loaf	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Lil' Luau Slider	Cheesy Peasy	Corny Cowboy Poppers
Milk	Whole Milk (age 1) or	Whole Milk (age 1) or			
	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)			
Fruit/Vegetable ²	Clementine	Lettuce/Tomato	Pineapple	Banana	Pears
Vegetable	Broccoli	Sweet Potato Bites	Mixed Vegetables	Peas	Baked Beans
Grain	WG Crust	WG Tortilla	WG Hawaiian Roll	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	WG Cornbread Poppers
Meat/Meat Alternate	Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Teriyaki Sauce		BBQ Sauce
PM SNACK:					
	Tankilla Diasahaal	Ī	I		
Milk	Tortilla Pinwheel				
Fruit		Applesauce	100% Juice	Apple Slices	Peach Cup
Vegetable	Shredded Carrots/Cucumber	Арріезайсе	10070 Joice	Apple Slices	Геаспсор
Grain	WG Tortilla	WG Maple Bites	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra	Cream Cheese				
		WE	EEK 2		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
BREAKFAST:					
2411	Whole Milk (age 1) or	ssuggi			
Milk	Low/Fat Free Milk (age 2+)	SCHOOL			
Fruit/Vegetable	Pears	Peach Cup	Banana	Berries	CLOSED
Grain/Meat ¹	WG Cereal	WG Bagel	Oatmeal	WG Pancake	
Extra		Cream Cheese			
LUNCH:					
	Open Faced Tasty Toasty	Chicken Parm Sandwich	Beef Stroganoff	Deli Stackers	
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+)	
Fruit/Vegetable ²	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	HAPPY
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	VETERANS
Grain	WG English Muffin	WG Roll	WG Pasta	WG Flatbread Stackers	DAY
Meat/Meat Alternate	Shredded Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Turkey Ham/Sliced Cheese	
Extra		Tomato Sauce	Brown Gravy		
PM SNACK:					
Milk					
Fruit	Applesauce			100% Juice	ТО
Vegetable		Cucumbers & Ranch			ALL!
Grain	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips/Salsa	
Meat/Meat Alternate			Yogurt	Todds: WG Tortilla Wrap	



^{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 NOVEMBER 2022

	WE	EK 3		
MONDAY			THURSDAY	FRIDAY
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
		•	_	Whole Milk (age 1) or
· ·				Low/Fat Free Milk (age 2-
				Mixed Fruit
wG Cereal	WG MUTTIN	Oatmeai	WG French Toast	WG Cereal
Bean & Cheese Quesadilla	Chicken and Waffles	Thanksgiving Lunch	Pineapple Ham	Chicken Stirfry
Whole Milk (age 1) or	Whole Milk (age 1) or		Whole Milk (age 1) or	Whole Milk (age 1) or
			·	Low/Fat Free Milk (age 2-
		. ,		Mandarin Oranges
				Stir Fry Veggies
WG Tortilla			WG Hawaiian Roll	Rice
Black Beans/Shredded Cheese	,	, ,	Warm Turkey Ham	Diced Chicken or Grilled Chicken Nugget
Taco Seasoning		Apple/Pumpkin Pie		Teriyaki or Soy Sauce
Whole Milk (age 1) or				Whole Milk (age 1) or
Low/Fat Free Milk (age 2+)				Low/Fat Free Milk (age 2
	Strawberries	100% Juice	Raisins	
Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
	Yogurt		Cheese Stick	
	WE	EK 4		
MONDAY	THECDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAI	TUESDAT	WEDNESDAT	INURSDAT	TRIDAT
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
11/21/2022 Whole Milk (age 1) or	11/22/2022 Whole Milk (age 1) or	11/23/2022 Whole Milk (age 1) or	11/24/2022	11/25/2022
11/21/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	11/22/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	11/23/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	11/24/2022 SCHOOL	11/25/2022 SCHOOL
11/21/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples	11/24/2022 SCHOOL	11/25/2022 SCHOOL
11/21/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples	11/24/2022 SCHOOL	11/25/2022 SCHOOL
11/21/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal	11/24/2022 SCHOOL	11/25/2022 SCHOOL
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider	11/24/2022 SCHOOL	11/25/2022 SCHOOL
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or	11/24/2022 SCHOOL	11/25/2022 SCHOOL
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	SCHOOL CLOSED	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple	SCHOOL CLOSED HAPPY	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables	SCHOOL CLOSED	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll	SCHOOL CLOSED HAPPY	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	SCHOOL CLOSED HAPPY	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll	SCHOOL CLOSED HAPPY	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	SCHOOL CLOSED HAPPY	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	SCHOOL CLOSED HAPPY	SCHOOL CLOSED
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets Ranch or Honey Mustard	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles Teriyaki Sauce	SCHOOL CLOSED HAPPY THANKSGIVING	SCHOOL CLOSED HAPPY THANKSGIVING
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	SCHOOL CLOSED HAPPY THANKSGIVING	SCHOOL CLOSED HAPPY THANKSGIVING
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets Ranch or Honey Mustard Applesauce	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles Teriyaki Sauce	SCHOOL CLOSED HAPPY THANKSGIVING	SCHOOL CLOSED HAPPY THANKSGIVING
Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets Ranch or Honey Mustard	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles Teriyaki Sauce	SCHOOL CLOSED HAPPY THANKSGIVING	SCHOOL CLOSED HAPPY THANKSGIVING
	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla Black Beans/Shredded Cheese Taco Seasoning Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	MONDAY 11/14/2022 11/15/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Whole Milk (age 2+) Pears WG Muffin Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Peaches Salsa WG Tortilla Black Beans/Shredded Cheese Taco Seasoning Whole Milk (age 1) or Chicken And Waffles Whole Milk (age 2) or Low/Fat Free Milk (age 2+) Corn Peaches String Beans WG Waffle Breaded Chicken Patty or Chicken Nuggets Taco Seasoning Strawberries Educational Crackers Yogurt	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears Applesauce Banana WG Cereal Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Peaches Mashed Potato W/ Gravy Salsa String Beans Corn WG Tortilla WG Waffle Black Beans/Shredded Cheese Taco Seasoning Whole Milk (age 1) or Chicken Nuggets WG Champs Crackers Yogurt Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Strawberries WG Champs Crackers Yogurt Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Champs Crackers	MONDAY 11/14/2022 11/15/2022 11/16/2022 11/16/2022 11/16/2022 11/16/2022 11/17/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears Applesauce Banana Berries WG Cereal WG Muffin Oatmeal WG French Toast Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Low/Fat Free Milk (age 2+) Low/Fat Free Milk (age 2+) Corn Peaches WG Tortilla WG Tortilla Black Beans/Shredded Cheese Taco Seasoning Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Strawberries Drace WG Champs Crackers Yogurt WEDNESDAY THURSDAY THURSDAY 11/16/2022 11/16/202 11/16/202 11/16/202 11/16/202 11/16/202 11/16/202 11/16/202 11/16/202 11/16/202 11/16/

Novick

^{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.