

Chesterbrook Academy November 2022 Menu
Green text = fresh or frozen produce, wheat, whole-grain, & multi-grain items.
VEGETARIAN OPTION WE OFFER MORNING STAR BRAND PRODUCTS

Week Beginning on October 31, 2022			
		CHEF CHOICE	
A.M. Snack	WG WAFFLES, MILK	HONEY OAT CHERRIOS, MILK	STRAWBERRY CEREAL BAR, MILK
Lunch	SPAGHETTI W/MARINA, PEACHES, PEAS, MILK	TURKEY & CHEESE WRAP, CORN, PINEAPPLE, MILK	BLACK BEANS, SPANISH RICE, FRUIT COCKTAIL, GREEN BEANS, MILK
P.M. Snack	APPLE SLICES, SPORT BITES GRAHAMS, WATER	FRESH APPLE, ANIMAL CRACKERS, WATER	MOZZARELLA STRING CHEESE, WHEAT CRACKERS, WATER
Week Beginning on NOVEMBER 7, 2022			
A.M. Snack	RICE KRISPY CEREAL, PEARS, MILK	WG TOAST W/ APPLE BUTTER, MILK	CORNFLAKES, FRUIT, MILK
Lunch	CHEESE PIZZA, GREEN BEANS, PINEAPPLE, MILK	CHICKEN FRIES, CRINKLE FRIES, PEACHES, MILK	CHICKEN NUGGETS, BROCCOLI, FRUIT COCKTAIL, MILK
P.M. Snack	WG BLUEBERRY BAR, WATER	SLICED AMERICAN CHEESE, TOWN HOUSE CRACKERS, WATER	SLICED ORANGES, GOLD FISH, WATER
Week Beginning on NOVEMBER 14, 2022			
A.M. Snack	CORN FLAKES CEREAL, MILK	CHEF'S	FRENCH TOAST, PEARS, MILK
Lunch	PENNE PASTA W/MARINARA, APPLES, PEAS, MILK	CHOICE	GRILLED CHICKEN NUGGETS, CORN, BROCCOLI, MILK
P.M. Snack	WG CHURROS CINNAMON BITES, WATER	Day!	CHEESE IT CRACKERS, SLICED APPLES, WATER
Week Beginning on NOVEMBER 21, 2022			
A.M. Snack	HOT OATMEAL W/ APPLES, MILK	RICE KRISPIES CEREAL, MILK	APPLE CEREAL BAR, MILK
Lunch	CHEESE PIZZA, CORN, PEARS, MILK	BLACK BEANS, BROWN RICE, BROCCOLI, PINEAPPLE, MILK	WG CHEESE QUESADILLAS, MIXED VEGETABLES, TROPICAL FRUIT, MILK
P.M. Snack	WG ANIMAL CRACKERS, FRESH ORANGE SLICES, WATER	WG ALPHABET BITES, FRUIT COCKTAIL, WATER	CINNAMON APPLE SAUCE, CRACKERS, WATER
Week Beginning on NOVEMBER 28, 2022			
A.M. Snack	KIX CEREAL, FRESH FRUIT, MILK	WG TOAST W/ JAM, MILK	WG MINI BAGELS W/ CREAM CHEESE MILK
Lunch	WAFFLE STICKS, TURKEY SAUSAGE, APPLES SAUCE, PEAS, MILK	CHICKEN NUGGETS (VO-OPTION), GREEN BEANS, TROPICAL FRUIT, MILK	BREADED CHICKEN PATTY SANDWICH APPLES SAUCE, CARROTS, MILK
P.M. Snack	APPLE YOGURT, WATER	PRETZEL WHEELS, CHEESE SLICE, WATER	WHEAT THINS, MOZZARELLA STRING CHEESE, WATER
			Day!