

CHESTERBROOK NOVEMBER 2022

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	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 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	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:					
	Tortilla Pinwheel				
Milk					
Fruit		Applesauce	100% Juice	Apple Slices	Peach Cup
Vegetable	Shredded Carrots/Cucumber				
Grain	WG Tortilla	WG Maple Bites	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra	Cream Cheese				
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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+)	
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 or Mushroom Gravy		
PM SNACK:					
Milk					
Fruit	Applesauce			100% Juice	TO
Vegetable		Cucumbers & Ranch			ALL!
Grain	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips/Salsa	
Meat/Meat Alternate			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.

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	Banana	Berries	Mixed Fruit
Grain/Meat ¹	WG Cereal	WG Muffin	Oatmeal	WG French Toast	WG Cereal
Extra					
LUNCH:					
	Bean & Cheese Quesadilla	Chicken and Waffles	Pasta Italiano	Pineapple Ham	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	Corn	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Salsa	String Beans	Zucchini	Peas	Stir Fry Veggies
Grain	WG Tortilla	WG Waffle	WG Pasta	WG Hawaiian Roll	Rice
Meat/Meat Alternate	Black Beans/Shredded Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Warm Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra	Taco Seasoning		Pasta Sauce		Teriyaki or Soy Sauce
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		Mango	100% Juice	Raisins	
Vegetable					
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Meat Alternate		Yogurt		Cheese Stick	
WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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+)		
Fruit/Vegetable	Banana	Clementine	Canned Cinnamon Apples	CLOSED	
Grain/Meat ¹	WG Cereal	WG Berry Loaf	Oatmeal		
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Lil' Luau Slider		
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 ²	Clementine	Lettuce/Tomato	Pineapple	HAPPY	CLOSED
Vegetable	Broccoli	Sweet Potato Bites	Mixed Vegetables	THANKSGIVING	
Grain	WG Crust	WG Tortilla	WG Hawaiian Roll		
Meat/Meat Alternate	Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles		
Extra		Ranch or Honey Mustard	Teriyaki Sauce		
PM SNACK:					
	Tortilla Pinwheel				
Milk					
Fruit		Applesauce	100% Juice	TO ALL!	
Vegetable	Shredded Carrots/Cucumber				
Grain	WG Tortilla	WG Maple Bites	WG Goldfish		
Meat/Meat Alternate					
Extra	Cream Cheese				

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.