



Chesterbrook Academy Aldie

October 17-21, 2022

MONDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: **WG Fish Nuggets (VO-Grilled Cheese)**, Diced Pears, **Steamed Broccoli**, Milk

PM SNACK: Strawberry Waffle Grahams

TUESDAY

AM SNACK: **French Toast**, Syrup, Milk

LUNCH: **WG Macaroni and Cheese**, Sweet Peas, Fruit Cocktail, Milk

PM SNACK: **WG Goldfish**

WEDNESDAY

AM SNACK: Managers Choice

LUNCH: Grilled Chicken Stripes (**VO- Vegetarian Nuggets**), **Garden Salad**, Ranch Dressing, **Bananas**, Milk

PM SNACK: **Townhouse Crackers**, Sliced Cheese

THURSDAY

AM SNACK: **WG Muffin**, Milk

LUNCH: **WG Cheese Pizza**, String Beans, Diced Peaches, Milk

PM SNACK: All Sport Crackers

FRIDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: **WG Bun**, Turkey Burger (**VO- Cheese Quesadilla**), French Fries, Sliced Apples, Milk

PM SNACK: **Graham Crackers**, Apple butter

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.