



Chesterbrook Academy

6210 Multiplex Drive, Centreville, VA 20125324 (703) 968-2939

October 2022 Menu

Week 1						
MEAL PATTERN	MONDAY		TUESDAY		WEDNESDAY	
Dates:	10/3/2022		10/4/2022		10/5/2022	
BREAKFAST:						
	Corn Flakes and Fruit		Bagels and Cheese		Tasteeo Cereal & Fruit	
LUNCH:						
	Chicken Nuggets		Pizza		Chicekn Alfredo	
	Peas		Mixed Vegetables		Corn	
	Pears		Fresh Fruit		Pineapple	
	Whole Milk (age 1) or Milk (age 2+)	2%	Whole Milk (age 1) or (age 2+)	2% Milk	Whole Milk (age 1) or Milk (age 2+)	2%
PM SNACK:						
	Pretzel and Cheese		Graham Cracker and Fruit		Wheat Cracker and Cheese	
					Yogurt and Blueberries	
					Cheez-It and Cheese	
Week 2						
MEAL PATTERN	MONDAY		TUESDAY		WEDNESDAY	
Dates:	10/10/2022		10/11/2022		10/12/2022	
BREAKFAST:						
	Tasteeo Cereal & Fruit		Muffin & Fruit		Rice Krispies & Fruit	
LUNCH:						
	Grilled Cheese		Hot Dog		Spaghetti	
	Corn		Baked Beans		Turkey and Cheese sandwich	
	Fruit Cocktail		Fresh Fruit		Carrots	
	Whole Milk (age 1) or Milk (age 2+)	2%	Whole Milk (age 1) or (age 2+)	2% Milk	Whole Milk (age 1) or Milk (age 2+)	2%
PM SNACK:						
	Townhouse crackers and Cheese		Animal Cracker and Fruit		Fresh Apples and Sunbutter	
					Educational Cookies and Fruit	
					Vanilla Wafer and Fruit	
Week 3						
MEAL PATTERN	MONDAY		TUESDAY		WEDNESDAY	
Dates:	10/17/2022		10/18/2022		10/19/2022	
BREAKFAST:						
	Rice Krispies & Fruit		Bagels and Cream Cheese		Tasteeo Cereal & Fruit	
LUNCH:						
	Corn Dog		Pierogies		Chicken and Rice	
	Pease		Corn Dogs		Chicken Nuggets	
	Pineapple		Fresh Fruit		Carrots	
	Whole Milk (age 1) or Milk (age 2+)	2%	Whole Milk (age 1) or (age 2+)	2% Milk	Whole Milk (age 1) or Milk (age 2+)	2%
PM SNACK:						
	Goldfish and Cheese		Sports Bites and Fruit		Wheat Creackers and Cheese	
					Yogurt and Fruit	
					Graham Crackers and Sunbutter	
Week 4						
MEAL PATTERN	MONDAY		TUESDAY		WEDNESDAY	
Dates:	10/24/2022		10/25/2022		10/26/2022	
BREAKFAST:						
	Tasteeo Cereal & Fruit		Eqg Patty & Fruit		Cornflakes Cereal & Fruit	
LUNCH:						
	Chicken Patty		Fish Sticks		Mac and Cheese	
	Green Beans		Carrots		Turkey and Cheese Sandwhich	
	Pears		Fresh Fruit		Hot Dogs	
	Whole Milk (age 1) or Milk (age 2+)	2%	Whole Milk (age 1) or (age 2+)	2% Milk	Whole Milk (age 1) or Milk (age 2+)	2%
PM SNACK:						
	Educational Cookies and Fruit		Townhouse Crackers and Cheese		Fresh Apples and Sunbutter	
					Vanilla Wafers and Fruit	
					Cheez-Itz and Cheese	