



# Chesterbrook Academy Aldie

## December 2-9, 2022

### MONDAY

**AM SNACK:** **WG Graham Crackers**, Apple Slices, Milk

**LUNCH:** **WG Tortilla**, Shredded Cheese, Seasoned Black Beans, Salsa, Corn, Mixed Fruit, Milk

**PM SNACK:** Diced Peaches, Educational Crackers

### TUESDAY

**AM SNACK:** **WG Banana Muffin**, Applesauce, Milk

**LUNCH:** **WG Pasta** Bake with Spaghetti Sauce, Zucchini, Shredded Cheese, Beef Crumbles (**VO- Veggie Crumbles**), **Strawberries**, Milk

**PM SNACK:** Yogurt, **Mangos**

### WEDNESDAY

**AM SNACK:** **Bagel** with Strawberry Cream Cheese, Milk

**LUNCH:** **WG Waffle**, Chicken Patty (**VO-Veggie Nuggets**), **Bananas**, String Beans, Milk

**PM SNACK:** **WG Champs Crackers**, Sunbutter

### THURSDAY

**AM SNACK:** **WG Pancake**, Mixed Fruit, Milk

**LUNCH:** **WG Roll** with Turkey (**VO- Veggie Patty**), Diced Pineapples, **Sweet Peas**, Milk

**PM SNACK:** **WG Townhouse Crackers**, String Cheese

### FRIDAY

**AM SNACK:** **WG Cereal**, Tropical Fruit, Milk

**LUNCH:** Diced Chicken (**VO- Veggie Crumbles**), **Rice**, with Mixed Vegetables, Mandarin Oranges, Milk

**PM SNACK:** **WG Goldfish**, **Apple Slices**

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.