



Chesterbrook Academy Aldie

November 14-18, 2022

MONDAY

AM SNACK: Diced Peaches, **WG Pancake**, Milk

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

PM SNACK: Graham Crackers, Milk

TUESDAY

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

LUNCH: Chicken Nuggets (**VO-Veggie Nugget**), Peaches, **Steamed Broccoli**, Cornbread Poppers, Milk

PM SNACK: Yogurt, **Mango**

WEDNESDAY

AM SNACK: **WG Cereal**, Mandarin Oranges, Milk

LUNCH: **WG Pasta**, Beef Crumbles (**VO- Vegetarian Crumbles**), Pasta Sauce, Apple Slices, **Steamed Zucchini**, Milk

PM SNACK: Bagel stuffed with Strawberry Cream Cheese

THURSDAY

AM SNACK: **WG French Toast**, **Berries**, Milk

LUNCH: **WG Roll**, Sliced Turkey (**VO- Vegetarian Burger**), American Cheese Slices, **Lettuce**, **Sliced Tomato**, Diced Pineapples, Milk

PM SNACK: **Blueberry Oatmeal Bar**

FRIDAY

AM SNACK: Managers Choice

LUNCH: Diced Chicken (**VO- Vegetarian Diced Nuggets**), **Steamed Rice**, **Stir Fry Vegetables**, **Bananas**, Milk

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

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.