



# Chesterbrook Academy Aldie

## November 28-December 2, 2022

### MONDAY

**AM SNACK:** **WG Biscuit**, Jelly, Milk

**LUNCH:** **WG Cheese Pizza**, **Mixed vegetables**, Diced Pears, Milk

**PM SNACK:** Applesauce, Lorna Doone Cookies

### TUESDAY

**AM SNACK:** **WG French Toast**, Diced Pineapples, Milk

**LUNCH:** **WG Roll**, Chicken Patty (**VO-Veggie Burger**), **Mango Chunks**, **Steamed Broccoli**, Milk

**PM SNACK:** Yogurt, Granola

### WEDNESDAY

**AM SNACK:** **Banana**, Cereal, Milk

**LUNCH:** **WG Pasta** with Spaghetti Sauce, Beef Crumbles (**VO- Veggie Crumbles**) **Sweet Peas**, Fruit Cocktail, Milk

**PM SNACK:** **Sliced Cucumbers**, **WG Wheat Thins**

### THURSDAY

**AM SNACK:** **WG Pancake**, Syrup, **Strawberries**, Milk

**LUNCH:** **WG Tortilla** with Turkey (**VO- Veggie Crumbles**) and Cheese, Mini Hashbrowns, **Apple Slices**, Milk

**PM SNACK:** **WG Tortilla Chips**, Salsa

### FRIDAY

**AM SNACK:** **WG Cereal**, Peach Cup, Milk

**LUNCH:** Fish Sticks, **Rice**, **Steamed Carrots**, **Mixed Tropical Fruit**, Milk

**PM SNACK:** **WG All Sports Bites**, 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.