CHESTERBROOK NOVEMBER 2022

		\\/F	EK 1		
				TI II I DOD 1 V	
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
BREAKFAST:					
Milk	Whole Milk (age 1) or				
	Low/Fat Free Milk (age 2+)				
Fruit/Vegetable	Banana	Clementine	Canned Cinnamon Apples	Berries	Mixed Fruit
Grain/Meat ¹	WG Cereal	WG Berry Loaf	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Lil' Luau Slider	Cheesy Peasy	Corny Cowboy Poppers
Milk	Whole Milk (age 1) or				
IVIIIK	Low/Fat Free Milk (age 2+)				
Fruit/Vegetable ²	Mandarin Oranges	Lettuce/Tomato	Pineapple	Banana	Pears
Vegetable	Carrots	Sweet Potato Bites	Broccoli	Peas	Baked Beans
Grain	WG Crust	WG Tortilla	WG Hawaiian Roll	WG Mac & Cheese or	WG Cornbread Poppers
M / M A . !		Breaded Chicken Patty or	D (C)	WG Pasta w/ Cheese Sauce	Diced Chicken or
Meat/Meat Alternate	Cheese	Chicken Nuggets	Beef Crumbles	Turkey Ham	Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Teriyaki Sauce		BBQ Sauce
PM SNACK:					
	Tortilla Pinwheel				
Milk	Tortilla Fillwileer				
Fruit		Annlacauca		Apple Slices	Beach Cup
		Applesauce		Apple Slices	Peach Cup
Vegetable Grain	Townhouse Crackers	Graham Crackers	WG Goldfish		Pretzels
Meat/Meat Alternate	Townhouse Crackers	Granam Crackers	WG Goldfish	Combustion	Pretzeis
Extra	Cheese		Cheese	Sunbutter	
LAtia	Cheese		Cheese		
		WE	EK 2		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
BREAKFAST:		22/0/2022	== 3 ====		
	Whole Milk (age 1) or				
Milk	Low/Fat Free Milk (age 2+)				
Fruit/Vegetable	Pears	Peach Cup	Banana	Berries	CLOSED
Grain/Meat ¹	WG Cereal	WG Bagel	Oatmeal	WG Pancake	020022
Extra	We cerear	Cream Cheese	Outmean	WG1 diredice	
LUNCH:		Cream cheese			
EUMUII.	Open Faced Tasty Toasty	Chicken Parm Sandwich	Beef Stroganoff	Deli Stackers	
	Whole Milk (age 1) or				
Milk	Low/Fat Free Milk (age 2+)				
Fruit/Vegetable ²	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	HAPPY
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	VETERANS
Grain	WG English Muffin	WG Roll	WG Pasta	WG Flatbread Stackers	DAY
Meat/Meat Alternate	Shredded Cheese	Breaded Chicken Patty or	Beef Crumbles		DAI
weat/weat Alternate	Siliedued Crieese	Chicken Nuggets	beer Crumbies	Turkey Ham/Sliced Cheese	
Extra		Tomato Sauce	Brown or Mushroom Gravy		
PM SNACK:					
Milk					
Fruit	Applesauce		Blueberries	100% Juice	то
Vegeta <mark>ble</mark>					ALL!
Grain	Animal Crackers	Cheezit Crackers		Wafer Cookies	
		Cheese	Yogurt		
Meat/Meat Alternate		Citecac	109010		



^{1.} Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

^{2.} The fruit component at lunch may be substituted by an additional vegetable.

CHESTERBROOK NOVEMBER 2022

		WE	EK 3		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
REAKFAST:					
Milk	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or
	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+
Fruit/Vegetable	Pears	Applesauce	Banana	Berries	Mixed Fruit
Grain/Meat ¹	WG Cereal	WG Muffin	Oatmeal	WG French Toast	WG Cereal
Extra					
UNCH:					
	Bean & Cheese Quesadilla	Chicken and Waffles	Pasta Italiano	Pineapple Ham	Chicken Stirfry
Milk	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or
WIIIK	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Corn	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Salsa	String Beans	Zucchini	Peas	Stir Fry Veggies
Grain	WG Tortilla	WG Waffle	WG Pasta	WG Hawaiian Roll	Rice
Meat/Meat Alternate	Black Beans/Shredded Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Warm Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra	Taco Seasoning		Pasta Sauce		Teriyaki or Soy Sauce
NACK:	-				
	Whole Milk (age 1) or				Whole Milk (age 1) or
Milk	Low/Fat Free Milk (age 2+)				Low/Fat Free Milk (age 2+)
Fruit		Mango	100% Juice	Raisins	
Vegetab <mark>le</mark>		-			
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Meat Alternate		Yogurt		Cheese Stick	
		WE	EK 4		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
BREAKFAST:					
	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or		
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		
Milk Fruit/Vegetable	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples	CLOSED	CLOSED
Fruit/Vegetable	Low/Fat Free Milk (age 2+) Banana	Low/Fat Free Milk (age 2+) Clementine	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples	CLOSED	CLOSED
Fruit/Vegetable Grain/Meat ¹	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+)	CLOSED	CLOSED
Fruit/Vegetable Grain/Meat ¹ Extra	Low/Fat Free Milk (age 2+) Banana	Low/Fat Free Milk (age 2+) Clementine	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples	CLOSED	CLOSED
Fruit/Vegetable Grain/Meat ¹ Extra	Low/Fat Free Milk (age 2+) Banana WG Cereal	Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal	CLOSED	CLOSED
Fruit/Vegetable Grain/Meat¹ Extra .UNCH:	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza	Low/Fat Free Milk (age 2+) Clementine WG Berry Loaf Crunchy Chicken Wrap	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider	CLOSED	CLOSED
Fruit/Vegetable Grain/Meat ¹ Extra	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or	Crunchy Chicken Wrap Whole Milk (age 1) or	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or	CLOSED	CLOSED
Fruit/Vegetable Grain/Meat ¹ Extra UNCH: Milk	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2) or Low/Fat Free Milk (age 1) or		
Fruit/Vegetable Grain/Meat ² Extra UNCH: Milk Fruit/Vegetable ²	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine	Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2) Lettuce/Tomato	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple	НАРРҮ	НАРРУ
Fruit/Vegetable Grain/Meat ² Extra UNCH: Milk Fruit/Vegetable ² Vegetable	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli	Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 1) or Lettuce/Tomato Sweet Potato Bites	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables		
Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine	Crunchy Chicken Wrap Whole Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple	НАРРҮ	НАРРУ
Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Crunchy Chicken Wrap Whole Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Lil' Luau Slider Whole Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	НАРРҮ	НАРРУ
Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Crunchy Chicken Wrap Whole Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll	НАРРҮ	НАРРУ
Fruit/Vegetable Grain/Meat ¹ Extra UNCH: Milk Fruit/Vegetable Vegetable Grain Meat/Meat Alternate Extra	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese	Crunchy Chicken Wrap Whole Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Lil' Luau Slider Whole Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	НАРРҮ	НАРРУ
Fruit/Vegetable Grain/Meat ^a Extra UNCH: Milk Fruit/Vegetable Vegetable Grain Meat/Meat Alternate Extra PM SNACK:	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Crunchy Chicken Wrap Whole Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Lil' Luau Slider Whole Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	НАРРҮ	НАРРУ
Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese	Crunchy Chicken Wrap Whole Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets Ranch or Honey Mustard	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles Teriyaki Sauce	HAPPY THANKSGIVING	HAPPY THANKSGIVING
Fruit/Vegetable Grain/Meat ^a Extra UNCH: Milk Fruit/Vegetable Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk Fruit	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Crunchy Chicken Wrap Whole Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Lil' Luau Slider Whole Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles	HAPPY THANKSGIVING TO	HAPPY THANKSGIVING
Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra M SNACK: Milk Fruit Vegetable	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel Shredded Carrots/Cucumber	Crunchy Chicken Wrap Whole Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets Ranch or Honey Mustard	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles Teriyaki Sauce	HAPPY THANKSGIVING	HAPPY THANKSGIVING
Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk Fruit Vegetable Grain	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Crunchy Chicken Wrap Whole Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets Ranch or Honey Mustard	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles Teriyaki Sauce	HAPPY THANKSGIVING TO	HAPPY THANKSGIVING
Fruit/Vegetable Grain/Meat ^a Extra UNCH: Milk Fruit/Vegetable Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk Fruit Vegetable	Low/Fat Free Milk (age 2+) Banana WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel Shredded Carrots/Cucumber	Crunchy Chicken Wrap Whole Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets Ranch or Honey Mustard	Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Beef Crumbles Teriyaki Sauce	HAPPY THANKSGIVING TO	HAPPY THANKSGIVING



^{1.} Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

^{2.} The fruit component at lunch may be substituted by an additional vegetable.