

CHESTERBROOK JANUARY MENU 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
BREAKFAST:					
Milk	CLOSED	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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	HAPPY				
Grain/Meat ²	NEW YEAR!	WG Cereal	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
		Crunchy Chicken Wrap	Pizza	Cheesy Peasy	Corny Cowboy Poppers
Milk	CLOSED	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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²		Lettuce/Tomato	Clementine	Banana	Pears
Vegetable		Sweet Potato Bites	Broccoli	Peas	Baked Beans
Grain	HAPPY	WG Tortilla	WG Crust	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	
Meat/Meat Alternate	NEW YEAR!	Breaded Chicken Patty or Chicken Nuggets	Cheese		Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard			BBQ Sauce
SNACK:					
Milk	CLOSED				
Fruit					
Vegetable	HAPPY			Apple Slices	
Grain					
Meat/Meat Alternate	NEW YEAR!	WG Maple Bites	WG Goldfish		Pretzels
Extra				Sunbutter	
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
BREAKFAST:					
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain/Meat ²	WG Cereal	WG Bagel	Oatmeal	WG Pancake	WG Cereal
Extra		Cream Cheese			
LUNCH:					
	Open Faced Tasty Toasty	Chicken Parm Sandwich	Beef Stroganoff	Deli Stackers	Baja Fish Taco
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	Mango
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	Coleslaw
Grain	WG English Muffin	WG Roll	WG Pasta	WG Flatbread Stackers	WG Tortilla
Meat/Meat Alternate	Shredded Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Sliced Cheese	Fish Sticks
Extra		Tomato Sauce	Brown or Mushroom Gravy		
SNACK:					
Milk/Water	Water	Water	Water	Water	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit					
Vegetable		Cucumbers & Ranch			
Grain	Animal Crackers		WG Granola	WG Tortilla Chips/Salsa	WG All Sport Bites
Meat/Meat Alternate			Yogurt		

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 JANUARY MENU 2023

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
BREAKFAST:					
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain/Meat ¹	WG Cereal	WG Muffin	Oatmeal	WG French Toast	WG Cereal
Extra					
LUNCH:					
	Bean & Cheese Quesadilla	Chicken and Waffles	Pasta Italiano	Pineapple Ham	Chicken Rice
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Corn	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Salsa	String Beans		Peas	
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
PM SNACK:					
Milk/Water	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Water	Water	Water	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit					
Vegetable					
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Meat Alternate		Yogurt		Cheese Stick	
Extra					
WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
BREAKFAST:					
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF'S CHOICE
Fruit/Vegetable					
Grain/Meat ¹	WG Cereal	Yogurt	Oatmeal	WG Waffle	
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Lil' Luau Slider	Cheesy Peasy	CHEF'S CHOICE
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF'S CHOICE
Fruit/Vegetable ²	Clementine	Lettuce/Tomato	Pineapple	Banana	
Vegetable	Broccoli	Sweet Potato Bites	Mixed Vegetables	Peas	
Grain	WG Crust	WG Tortilla	WG Hawaiian Roll	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	
Meat/Meat Alternate	Cheese	Breaded Chicken Patty or Chicken Nuggets	Diced Chicken		
Extra		Ranch or Honey Mustard	Teriyaki Sauce		
PM SNACK:					
	Tortilla Pinwheel				CHEF'S CHOICE
Milk/Water					
Fruit		Applesauce		Apple Slices	
Vegetable	Shredded Carrots/Cucumber				
Grain	WG Tortilla	WG Maple Bites	WG Goldfish		
Meat/Meat Alternate				Sunbutter	
Extra	Cream Cheese				
WEEK 5					

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 JANUARY MENU 2023

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023
BREAKFAST:					
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain/Meat¹	WG Cereal	WG Bagel	Oatmeal	WG Pancake	WG Cereal
Extra		Cream Cheese			
LUNCH:					
	Open Faced Tasty Toasty	Chicken Parm Sandwich	Beef Stroganoff	Deli Stackers	Baja Fish Taco
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable²	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	Mango
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	Coleslaw
Grain	WG English Muffin	WG Roll	WG Pasta	WG Flatbread Stackers	WG Tortilla
Meat/Meat Alternate	Shredded Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Sliced Cheese	Fish Sticks
Extra		Tomato Sauce	Brown or Mushroom Gravy		
SNACK:					
Milk/Water	Water	Water	Water	Water	Water
Fruit					
Vegetable					
Grain	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips/Salsa	WG All Sport Bites
Meat/Meat Alternate			Yogurt		

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

