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:	-/-/	=/3/===3	-/4/	-/3/3	2/0/2023			
. e'll	CLOCED	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or			
Milk	CLOSED	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	HAPPY							
Grain/Meat ¹	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	НАРРУ	WG Tortilla	WG Crust	WG Mac & Cheese or WG Pasta w/ Cheese Sauce				
Meat/Meat Alternate	NEW YEAR!	Breaded Chicken Patty or	Cheese		Diced Chicken or			
Extra		Chicken Nuggets Ranch or Honey Mustard			Grilled Chicken Nuggets BBQ Sauce			
SNACK:		Railer of Floriey Mustald			סטע סמטנפ			
		1						
Milk	CLOSED							
Fruit								
Vegetable	HAPPY			Apple Slices				
Grain Meat/Meat Alternate	NEW YEARI	WG Maple Rites	WG Goldfish		Protzels			
Meat/Meat Alternate Extra	NEW YEAR!	WG Maple Bites	WG Goldfish	Sunbutter	Pretzels			
Meat/Meat Alternate	NEW YEAR!	WG Maple Bites	WG Goldfish	Sunbutter	Pretzels			
Meat/Meat Alternate	NEW YEAR!		WG Goldfish	Sunbutter	Pretzels			
Meat/Meat Alternate	NEW YEAR! MONDAY			Sunbutter THURSDAY	Pretzels FRIDAY			
Meat/Meat Alternate Extra MEAL PATTERN		WE	EEK 2					
Meat/Meat Alternate Extra MEAL PATTERN Dates:	MONDAY	WE	EEK 2 WEDNESDAY	THURSDAY	FRIDAY			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST:	MONDAY	WE	EEK 2 WEDNESDAY	THURSDAY	FRIDAY			
Meat/Meat Alternate Extra MEAL PATTERN Dates:	MONDAY 1/9/2023	TUESDAY 1/10/2023	EEK 2 WEDNESDAY 1/11/2023	THURSDAY 1/12/2023	FRIDAY 1/13/2023 Whole Milk (age 1) or			
MEAL PATTERN Dates: MEAKFAST: Milk Fruit/Vegetable	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)			
MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ¹	MONDAY 1/9/2023 Whole Milk (age 1) or	TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel	WEDNESDAY 1/11/2023 Whole Milk (age 1) or	THURSDAY 1/12/2023 Whole Milk (age 1) or	FRIDAY 1/13/2023 Whole Milk (age 1) or			
MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ¹ Extra	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ¹ Extra	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ¹ Extra	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty	TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat² Extra LUNCH: Milk	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal	TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ² Extra LUNCH: Milk Fruit/Vegetable ²	MONDAY 1/g/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ¹ Extra LUNCH: Milk Fruit/Vegetable ² Vegetable	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ² Extra LUNCH: Milk Fruit/Vegetable ²	MONDAY 1/g/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli WG Roll	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ² Extra UNCH: Milk Fruit/Vegetable ² Vegetable	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat² Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans WG English Muffin	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli WG Roll Breaded Chicken Patty or	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas WG Pasta	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites WG Flatbread Stackers	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw WG Tortilla			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ² Extra UNCH: Milk Fruit/Vegetable ² Vegetable Grain Meat/Meat Alternate Extra	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans WG English Muffin	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli WG Roll Breaded Chicken Patty or Chicken Nuggets	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas WG Pasta Beef Crumbles	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites WG Flatbread Stackers	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw WG Tortilla			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat² Extra LUNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans WG English Muffin	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli WG Roll Breaded Chicken Patty or Chicken Nuggets	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas WG Pasta Beef Crumbles	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites WG Flatbread Stackers	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw WG Tortilla Fish Sticks			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat ² Extra UNCH: Milk Fruit/Vegetable ² Vegetable Grain Meat/Meat Alternate Extra	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans WG English Muffin	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli WG Roll Breaded Chicken Patty or Chicken Nuggets	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas WG Pasta Beef Crumbles	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites WG Flatbread Stackers	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw WG Tortilla Fish Sticks Whole Milk (age 1) or			
MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat² Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans WG English Muffin Shredded Cheese	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli WG Roll Breaded Chicken Patty or Chicken Nuggets Tomato Sauce	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas WG Pasta Beef Crumbles Brown or Mushroom Gravy	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites WG Flatbread Stackers Sliced Cheese	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw WG Tortilla Fish Sticks Whole Milk (age 1) or			
Meat/Meat Alternate Extra MEAL PATTERN Dates: BREAKFAST: Milk Fruit/Vegetable Grain/Meat² Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra Extra Milk/Water	MONDAY 1/9/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Open Faced Tasty Toasty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges String Beans WG English Muffin Shredded Cheese	WE TUESDAY 1/10/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Bagel Cream Cheese Chicken Parm Sandwich Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Broccoli WG Roll Breaded Chicken Patty or Chicken Nuggets Tomato Sauce	WEDNESDAY 1/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Beef Stroganoff Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mixed Fruit Peas WG Pasta Beef Crumbles Brown or Mushroom Gravy	THURSDAY 1/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Pancake Deli Stackers Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Sweet Potato Bites WG Flatbread Stackers Sliced Cheese	FRIDAY 1/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Baja Fish Taco Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mango Coleslaw WG Tortilla Fish Sticks			



^{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

		VA/E	EK 3		
		VV	EK 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:					
NA:II.	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
Milk	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					
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	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 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	Beef Crumbles	Warm Turkey Ham	Diced Chicken or
Extra	Taco Seasoning	Chicken Nuggets	Pasta Sauce		Grilled Chicken Nuggets Teriyaki or Soy Sauce
PM SNACK:	Taco Seasoning		Fasta Sauce		Terryaki or 30y 3auce
PM SNACK:					
A 4111	Whole Milk (age 1) or		N4/ .		Whole Milk (age 1) or
Milk/Water	Low/Fat Free Milk (age 2+)	Water	Water	Water	Low/Fat Free Milk (age 2+
Fruit					
Vegetable					
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Meat Alternate		Yogurt		Cheese Stick	
Extra					
		WE	EK 4		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
4100.				=/==/==3	
RDEAKEAST.	1/23/2023	1/14/12023	_,,		
BREAKFAST:					
	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	CHEF'S CHOICE
Milk				Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF'S CHOICE
Milk Fruit/Vegetable	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+)	Low/Fat Free Milk (age 2+)	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat ²	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or		CHEF'S CHOICE
Milk Fruit/Vegetable	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+)	Low/Fat Free Milk (age 2+)	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat ¹ Extra	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+)	Low/Fat Free Milk (age 2+)	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat ¹ Extra	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+)	Low/Fat Free Milk (age 2+)	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat ¹ Extra UNCH:	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal	Low/Fat Free Milk (age 2+) WG Waffle	
Milk Fruit/Vegetable Grain/Meat ¹ Extra	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider	Low/Fat Free Milk (age 2+) WG Waffle Cheesy Peasy	CHEF'S CHOICE CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or	Low/Fat Free Milk (age 2+) WG Waffle Cheesy Peasy Whole Milk (age 1) or	
Milk Fruit/Vegetable Grain/Meat ¹ Extra LUNCH:	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Low/Fat Free Milk (age 2+) WG Waffle Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	
Milk Fruit/Vegetable Grain/Meat¹ Extra LUNCH: Milk Fruit/Vegetable²	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or	
Fruit/Vegetable Grain/Meat ^a Extra LUNCH: Milk Fruit/Vegetable ² Vegetable Grain	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas	
Milk Fruit/Vegetable Grain/Meat¹ Extra LUNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or	
Milk Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or	
Milk Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat¹ Extra LUNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK:	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or	
Milk Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat¹ Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk/Water Fruit	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Lettuce/Tomato Sweet Potato Bites WG Tortilla Breaded Chicken Patty or Chicken Nuggets	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken	Cheesy Peasy Whole Milk (age 2+) Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat² Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk/Water Fruit Vegetable	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap 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	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken Teriyaki Sauce	Cheesy Peasy Whole Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or WG Pasta w/ Cheese Sauce	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat² Extra UNCH: Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk/Water Fruit Vegetable Grain	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Crunchy Chicken Wrap 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	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken	Cheesy Peasy Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or WG Pasta w/ Cheese Sauce Apple Slices	CHEF'S CHOICE
Milk Fruit/Vegetable Grain/Meat ² Extra LUNCH: Milk Fruit/Vegetable ² Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk/Water Fruit Vegetable	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Pizza Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Clementine Broccoli WG Crust Cheese Tortilla Pinwheel	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Yogurt Yogurt Crunchy Chicken Wrap 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 Applesauce	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Lil' Luau Slider Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Mixed Vegetables WG Hawaiian Roll Diced Chicken Teriyaki Sauce	Cheesy Peasy Whole Milk (age 2+) Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Banana Peas WG Mac & Cheese or WG Pasta w/ Cheese Sauce	CHEF'S CHOICE

^{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/Meat ¹	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	Water		
Fruit							
Vegetable Vegetable							
Grain	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips/Salsa	WG All Sport Bites		
Meat/Meat Alternate			Yogurt				

