

CHESTERBROOK DECEMBER MENU 2022

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
BREAKFAST:					
Milk/Dairy	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					
LUNCH:					
	Open Faced Tasty Toasty	Chicken Parm	Beef Stroganoff	Deli Stackers	Baja Fish Taco
Milk/Dairy	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	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	Diced Mango
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	Coleslaw
Grain	WG English Muffin		WG Pasta	WG Flatbread Stackers	WG Tortilla
Meat/Protein	Shredded Cheese	Chicken Patty	Beef Crumbles	Turkey Ham/Sliced Cheese	Fish Sticks
Extra		Tomato Sauce, Mozz Cheese	Brown or Mushroom Gravy		
SNACK:					
Milk/Dairy		Yogurt			
Fruit	Applesauce				
Vegetable			Cucumber Slices	Salsa	
Grain	Animal Crackers	Granola	WG Wheat Cracker	WG Tortilla Chips	WG All Sport Bites
Meat/Protein					Cheese Slice
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
BREAKFAST:					
Milk/Dairy	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 Stirfry
Milk/Dairy	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	Zucchini	Peas	Stir Fry Veggies
Grain	WG Tortilla	WG Waffle	WG Pasta	WG Hawaiian Roll	Rice
Meat/Protein	Black Beans/Shredded Cheese	Chicken Patty	Beef Crumbles	Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra	Taco Seasoning		Tomato Sauce		Teriyaki or Soy Sauce
SNACK:					
Milk/Dairy					
Fruit	Pears	Mango		Raisins	
Vegetable					
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Protein		Yogurt	Sunbutter	Cheese Stick	

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.

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
BREAKFAST:					
Milk/Dairy	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 Berry Loaf	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Lil' Luau Slider	Cheesy Peasy	Corny Cowboy Poppers
Milk/Dairy	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	Pears	Lettuce	Pineapple	Banana	Pears
Vegetable	Broccoli	Sweet Potato Bites	Mixed Vegetables	Peas	Baked Beans
Grain	WG Crust	WG Tortilla	WG Hawaiian Roll	WG Mac & Cheese	WG Cornbread Poppers
Meat/Meat Alternate	Cheese	Chicken Nuggets	Beef Crumbles	Turkey Ham	Diced Chicken
Extra		Ranch Dressing	Teriyaki Sauce		BBQ Sauce
PM SNACK:					
Milk					
Fruit		Applesauce		Apple Slices	Peaches
Vegetable	Cucumber Slices				
Grain		WG Maple Bites	WG Goldfish		Pretzels
Meat/Meat Alternate			Cheese Slice	Sunbutter	
Extra	Ranch Dressing				
WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
BREAKFAST:					
Milk/Dairy	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					
LUNCH:					
	Open Faced Tasty Toasty	Chicken Parm	Beef Stroganoff	Deli Stackers	
Milk/Dairy	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+)	Early Closure
Fruit/Vegetable ²	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	12:00 PM
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	
Grain	WG English Muffin	WG Roll	WG Pasta	WG Flatbread Stackers	Happy Holidays!
Meat/Protein	Shredded Cheese	Chicken Nuggets	Beef Crumbles	Turkey Ham/Sliced Cheese	
Extra		Tomato Sauce	Brown or Mushroom Gravy		
PM SNACK:					
Milk/Dairy					
Fruit	Applesauce				
Vegetable		Cucumber Slices		Salsa	
Grain	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips	
Meat/Protein			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.

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WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022
BREAKFAST:					
Milk/Dairy	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					
Grain/Meat ¹		WG Cereal	Oatmeal	WG French Toast	WG Cereal
Extra					
LUNCH:					
		Chicken and Waffles	Lil Luau Slider	Pineapple Ham	Chicken Stirfry
Milk/Dairy	HAPPY	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		Peaches	Pears	Pineapple	Mandarin Oranges
Vegetable		String Beans	Mixed Vegetables	Peas	Stir Fry Veggies
Grain		WG Waffle	WW Roll	WG Hawaiian Roll	Rice
Meat/Protein		Chicken Nuggets	Beef Crumbles	Warm Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra			Teryaki Sauce		Teryaki or Soy Sauce
SNACK:					
Milk/Dairy	HOLIDAYS!				Early Closure
Fruit		Mango	Applesauce	Peaches	3pm
Vegetable					
Grain			WG Champs Crackers		Happy New Year!
Meat/Protein		Yogurt		Cheese Stick	

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.

