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	
REAKFAST:				==/=/===		
		Added to Add (company)	VALUE AND ALL AND A DEST	Added to Matter and Annual		
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	Low/rat rec wink (age 21)	Low/r de l'ree lwink (dge 21)	Low/r der ree wink (dge 21)	Low/ratifice wink (age 21)	Low/r dt l'ree wink (dge 21	
Grain/Meat ¹	WG Cereal	WG Bagel	Oatmeal	WG Pancake	WG Cereal	
Extra		in e buge.	oddiniedi	in e r ancake		
INCH:						
		Children David	D. (C)	Dell'Oraclass	Data disk Tara	
	Open Faced Tasty Toasty Whole Milk (age 1) or	Chicken Parm	Beef Stroganoff Whole Milk (age 1) or	Deli Stackers Whole Milk (age 1) or	Baja Fish Taco Whole Milk (age 1) or	
Milk/Dairy	Low/Fat Free Milk (age 2+)	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 1) or	
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			
Extra		Tomato Sauce, Mozz cheese	Brown or Mushroom Gravy			
IACK:						
Milk/Dairy		Yogurt				
Fruit	Applesauce					
Vegetable			Cucumber Slices	<mark>Sa</mark> lsa		
Grain	Animal Crackers	Granola	WG Wheat Cracker	WG Tortilla Chips	WG All Sport Bites	
Meat/Protein					Cheese Slice	
Extra						
		14/1	EK 2			
		VVC	EK Z			
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
D ata a						
Dates:		12/6/2022	12/7/2022	12/8/2022	12/9/2022	
REAKFAST:		12/6/2022	12/7/2022	12/8/2022	12/9/2022	
	12/5/2022					
	12/5/2022 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	
REAKFAST: Milk/Dairy	12/5/2022				Whole Milk (age 1) or	
REAKFAST: Milk/Dairy Fruit/Vegetable	12/5/2022 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+	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹	12/5/2022 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	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹ Extra	12/5/2022 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+	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹ Extra	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹ Extra	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham Whole Milk (age 1) or	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹ Extra JNCH: Milk/Dairy	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+	
EAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra NCH: Milk/Dairy Fruit/Vegetable ²	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple	Whole Milk (age 1) or Low/Fat Free Milk (age 24 WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 24 Mandarin Oranges	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹ Extra INCH: Milk/Dairy Fruit/Vegetable ² Vegetable	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹ Extra INCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ¹ Extra INCH: Milk/Dairy Fruit/Vegetable ² Vegetable	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra NCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain Meat/Protein Extra	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra NCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain Meat/Protein Extra	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla Black Beans/Shredded Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or Grilled Chicken Nuggets	
EAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra NCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain Meat/Protein Extra	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla Black Beans/Shredded Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or Grilled Chicken Nuggets	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra NCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain Meat/Protein Extra	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla Black Beans/Shredded Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or Grilled Chicken Nuggets	
EAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra NCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain Meat/Protein Extra IACK:	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla Black Beans/Shredded Cheese	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or Grilled Chicken Nuggets	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra INCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain Meat/Protein Extra IACK: Milk/Dairy	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla Black Beans/Shredded Cheese Taco Seasoning	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle Chicken Patty	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Oatmeal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles Tomato Sauce	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll Turkey Ham	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or Grilled Chicken Nuggets	
REAKFAST: Milk/Dairy Fruit/Vegetable Grain/Meat ³ Extra JNCH: Milk/Dairy Fruit/Vegetable ² Vegetable Grain Meat/Protein Extra JACK: Milk/Dairy Fruit	12/5/2022 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Cereal Bean & Cheese Quesadilla Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Corn Salsa WG Tortilla Black Beans/Shredded Cheese Taco Seasoning	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG Muffin Chicken and Waffles Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle Chicken Patty	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Oatmeal Pasta Italiano Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) WG French Toast Pineapple Ham Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Peas WG Hawaiian Roll Turkey Ham	Whole Milk (age 1) or Low/Fat Free Milk (age 2+ WG Cereal Chicken Stirfry Whole Milk (age 1) or Low/Fat Free Milk (age 2+ Mandarin Oranges Stir Fry Veggies Rice Diced Chicken or Grilled Chicken Nuggets	



Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
The fruit component at lunch may be substituted by an additional vegetable.
Page 1 of 3

CHESTERBROOK DECEMBER MENU 2022

		WE	EEK 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:					
Mills/Daims	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/Dairy	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 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	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	Pears	Lettuce	Pineapple	Banana	Pears
Vegetable	Broccoli	Sweet Potato Bites	Mixed Vegetables	Peas	Baked Beans
Grain Meat/Meat Alternate	WG Crust Cheese	WG Tortilla Chicken Nuggets	WG Hawaiian Roll Beef Crumbles	WG Mac & Cheese	WG Cornbread Poppers Diced Chicken
Extra	Cheese	Chicken Nuggets Ranch Dressing	Teriyaki Sauce	Turkey Ham	BBQ Sauce
PM SNACK:		Kunch Dressing	Terryaki Sabee		
Milk					
Fruit		Applesauce		Apple Slices	Peaches
Vegetable	Cucumber Slices	Applesauce		Apple Slices	Fedciles
Grain	Cocomber Siles	WG Maple Bites	WG Goldfish		Pretzels
Meat/Meat Alternate			Cheese Slice	Sunbutter	
Extra	Ranch Dressing				
		WE	EK 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:					
	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/Dairy	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 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	Whole Milk (age 1) or	Whole Milk (age 1) or	Whole Milk (age 1) or	Early Closure
	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	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	12:00 PM
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	
Grain Maat (Bratain	WG English Muffin	WG Roll	WG Pasta Beef Crumbles	WG Flatbread Stackers	Happy Holidays!
Meat/Protein	Shredded Cheese	Chicken Nuggets		Turkey Ham/Sliced Cheese	
Extra		Tomato Sauce	Brown or Mushroom Gravy		
PM SNACK:					
Milk/Dairy					
Fruit	Applesauce				
Vegetable		Cucumber Slices		Salsa	
Grain Moot/Drotoin	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips	
Meat/Protein			Yogurt		-



Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
The fruit component at lunch may be substituted by an additional vegetable.

CHESTERBROOK DECEMBER MENU 2022

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	НАРРҮ	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		Teriyaki or Soy Sauce	
SNACK:						
Milk/Dairy	HOLIDAYS!				Early Closure	
Fruit	7	Mango	Applesauce	Peaches	3pm	
Vegetable						
Grain			WG Champs Crackers		Happy New Year!	

Yogurt

Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
The fruit component at lunch may be substituted by an additional vegetable.
Page 3 of 3

Meat/Protein



Cheese Stick