



February Menu 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack			Bagel w/ butter 1	Yogurt 2	French toast 3
Lunch			pasta w/ meat sauce, salad, strawberry/blueberries	Fish Sticks, coleslaw, tropical fruit Vegetarian Option- Vegan Chicken Patty	Vegetarian Option-Pizza Sticks, green beans, pears humus pizza with bread sticks
PM Snack			pita w/humus	Goldfish	Cheese and crackers
AM Snack	Cereal w/milk 6	English Muffin w/ jelly 7	Pancakes and Oranges 8	Bagel w/ Sun Butter 9	Muffins w Apple Sauce 10
Lunch	Spaghetti with meat sauce, garlic bread, cucumber salad Vegetarian Option-Vegan Nuggets	Cowboy Poppers- diced chicken, baked beans, cornbread poppers, and diced pears Vegetarian Option- Vegan Chicken	Tasty Toast Grilled Cheese, green beans, strawberries	Turkey Stroganoff- Turkey crumbles, peas, WG pasta, mixed fruit Vegetarian Option- vegan crumbles	Chicken Parm Sandwich, broccoli, WG roll, bananas Vegetarian Option-Vegetarian Chicken
PM Snack	Peppers and ranch	Cheese and Apple Slices	Cucumbers and guacamole	Fruit Salad	String Cheese w/ Crackers
AM Snack	Cereal w/milk 13	Yogurt w/ berries 14	Pancakes w mixed fruit 15	English Muffin 16	Cereal Bar w bananas 17
Lunch	Sliced turkey/cheese on flatbread, sweat potatoes, and apples Vegetarian Option- sun butter and jelly sandwich	Bean and cheese quesadilla, black beans, rice, and corn on WG tortilla, peaches	Chicken and waffles, green beans, and peaches Vegetarian Option-Vegan Chicken	Pasta Italian, zucchini slices, WG Pasta, and apples Vegetarian Option-Vegan chicken cubes	Turkey Ham, peas, WG Hawaiian slider roll, pineapple tidbits. Vegetarian Option- sun butter and jelly sandwich
PM Snack	WG Goldfish	apples and sun butter	Pita and Hummus	Peppers and Ranch	Cucumbers and guacamole
AM Snack	Cereal w/ milk 20	Apple Slices w sun butter 21	Bagel w/ Sun Butter 22	Muffins with apple sauce 23	French Toast/Bananas 24
Lunch	Chicken Stir Fry, WG Brown rice, and mandarin oranges Vegetarian Option- vegan chicken	Pizza, broccoli, salad, and clementine Vegetarian Option- Hummus Pizza and Bread Sticks	Crunchy Chicken Wrap, sweet potatoes, lettuce and tomato on WG tortilla and apples	Lil'Laua Slider- turkey crumble, mixed vegetable, WG Hawaiian roll, Pineapples	Tasty Toast Grilled Cheese, green beans, strawberries
PM Snack	broccoli and hummus	Pita w hummus	broccoli w guacamole	String Cheese w/ Crackers	Fruit Salad
AM Snack	Cereal w/ milk 27	Yogurt w/ berries 28			
Lunch	Pasta Italian, zucchini slices, WG Pasta, and apples	Chicken and waffles, green beans, and peaches			
PM Snack	Pita and hummus	Banana/strawberry smoothie			

* Menu is subject to change. Milk is served with Lunch. Water is served with AM and PM Snack.

Chesterbrook Academy | 1300 Fairmount Ave., Philadelphia 19123 | 215-897-9058 | www.chesterbrookacademyfairmount.com