

# CHESTERBROOK APRIL 2022

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023
<b>AM SNACK:</b>					
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 <sup>1</sup>	WG Cereal	WG Blueberry Loaf	Oatmeal	WG Waffle	WG Cereal
Extra					
<b>LUNCH:</b>					
	Pizza	Chicken Dippers	Loaded Nachos	Cheesy Peasy	BBQ Chicken
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 <sup>2</sup>	Clementine	Mango Chunks	Pineapple	1/2 Banana	Peaches
Vegetable	Broccoli	Sweet Potato Bites	Black Beans	Peas	Mixed Veggies
Grain	WG Crust	WG Breading	WG Tortilla Chips	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	WG Cornbread
Meat/Meat Alternate	Cheese	Chicken Nuggets	Beef Crumbles/ Shredded Cheese		Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Taco Seasoning/Salsa		BBQ Sauce
<b>PM SNACK:</b>					
	Cucumber Sandwich				
Milk/Water					
Fruit			100% Juice	Apple Slices	
Vegetable	Cucumber Slices				
Grain		Graham Crackers	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra	Cream Cheese				
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
<b>AM SNACK:</b>					
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 <sup>1</sup>	WG Cereal	WG Bagel	Oatmeal	WG Pancake	WG Cereal
Extra		Cream Cheese			
<b>LUNCH:</b>					
	Lasagna Roll Up	Taco Tuesday	Sloppy Joe	Turkey & Cheese Please	Fishy Shapes
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 <sup>2</sup>	Mandarin Oranges	Tropical Fruit	Mixed Fruit	Apple Slices	Peaches
Vegetable	String Beans	Corn	Broccoli	Sweet Potato Bites	Peas
Grain	WG Pasta	WG Tortilla	WG Roll	WG Bread	WG Breading
Meat/Meat Alternate	Cheese	Diced Chicken /Shredded Cheese	Beef Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce	Taco Seasoning	Manwich Sauce		
<b>PM SNACK:</b>					
Milk/Water					
Fruit					
Vegetable					
Grain	Animal Crackers	WG Champs Crackers		WG Tortilla Chips/Salsa	WG Waffle Grahams
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 APRIL 2022

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
<b>AM SNACK:</b>					
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 <sup>1</sup>	WG Cereal	WG Muffin	WG Cereal	WG French Toast	WG Cereal
Extra					
<b>LUNCH:</b>					
	<b>Pizza Quesadilla</b>	<b>Chicken and Waffles</b>	<b>Mighty Meaty Pasta</b>	<b>Grilled Chicken Salad</b>	<b>Asian Dumplings</b>
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 <sup>2</sup>	Mixed Fruit	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Marinara Sauce	String Beans	Peas	Tossed Salad	Stir Fry Veggies
Grain	WG Shell	WG Waffle	WG Pasta	WG Bread	WG Dumpling
Meat/Meat Alternate	Cheese Pizza Quesadilla	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Grilled Chicken Nuggets	Chicken Dumpling
Extra			Pasta Sauce	Ranch	
<b>PM SNACK:</b>					
Milk/Water					
Fruit				Raisins	
Vegetable					
Grain	WG Godfish		Pretzels		WG Belgian Waffle
Meat/Meat Alternate		Yogurt		Cheese Stick	

  

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	4/24/2023	4/25/2023	4/26/2023	4/27/2023	4/28/2023
<b>AM SNACK:</b>					
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 <sup>1</sup>	WG Cereal	WG English Muffin	Oatmeal	WG Pancake	WG Cereal
Extra		Applebutter			
<b>LUNCH:</b>					
	<b>Pierogies</b>	<b>Chicken Patty</b>	<b>Philly Cheesesteak</b>	<b>Pizza Cruncher</b>	<b>Brunch</b>
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 <sup>2</sup>	Mandarin Oranges	Tropical Fruit	Pineapple	Apple Slices	Peaches
Vegetable	Peas & Carrots	Mixed Vegetables	Tator Tots	Broccoli	Corn
Grain	WG Pierogie Shell	WG Roll	WG Roll	WG Crust	WG French Toast Stx
Meat/Meat Alternate	Pierogie Filling	WG Breaded Chicken Patty	Beef Steak Meat/Cheese	Cheese	1/2 Turkey Sausage Patty
Extra					
<b>PM SNACK:</b>					
			<b>CINNAMON DIPPERS</b>		
Milk/Water					
Fruit					
Vegetable					
Grain	WG Maple Bites	Saltines & Cheese	WG Churro Crackers	WG Tortilla Chips/Salsa	Ritz Crackers
Meat/Meat Alternate			Yogurt		Cheesestick

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.