

CHESTERBROOK MARCH MENU 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/27/2023	2/28/2023	3/1/2023	3/2/2023	3/3/2023
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 Muffin	Oatmeal	WG French Toast	WG Cereal
Extra					
LUNCH:					
	Bean & Cheese Quesadilla	Chicken and Waffles	Pasta Italiano	Pineapple Ham	Chicken Stirfry
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	Corn	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Salsa	String Beans		Peas	Stir Fry Veggies
Grain	WG Tortilla	WG Waffle	WG Pasta	WG Hawaiian Roll	Rice
Meat/Meat Alternate	Black Beans/Shredded Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Warm Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra	Taco Seasoning		Pasta Sauce		Teriyaki or Soy Sauce
SNACK:					
Milk/Water					
Fruit				Raisins	
Vegetable					
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Meat Alternate		Yogurt		Cheese Stick	
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023
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	Pears				
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	
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	Turkey Ham/Sliced Cheese	Fish Sticks
Extra		Tomato Sauce	Brown or Mushroom Gravy		
SNACK:					
Milk/Water					
Fruit					
Vegetable		Cucumbers & Ranch			
Grain	Animal Crackers			WG Tortilla Chips/Salsa	WG All Sport Bites
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.

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023
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 Berry Loaf	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
	Pizza	Crunchy Chicken Wrap	Lil' Beef Slider	Cheesy Peasy	Corny Cowboy Poppers
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	Clementine		Pineapple	Banana	Pears
Vegetable	Broccoli	Sweet Potato Bites	Mixed Vegetables	Peas	Baked Beans
Grain	WG Crust	WG Tortilla	WG Slider Roll	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	WG Cornbread Poppers
Meat/Meat Alternate	Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Pasta Sauce		BBQ Sauce
PM SNACK:					
	Tortilla Pinwheel				
Milk/Water					
Fruit				Apple Slices	
Vegetable	Shredded Carrots/Cucumber				
Grain	WG Tortilla	WG Maple Bites	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra	Cream Cheese				
WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023
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 Muffin	Oatmeal	WG French Toast	WG Cereal
Extra					
LUNCH:					
	Bean & Cheese Quesadilla	Chicken and Waffles	Pasta Italiano	Pineapple Ham	Chicken Stirfry
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	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/Meat Alternate	Black Beans/Shredded Cheese	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Warm Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra	Taco Seasoning		Pasta Sauce		Teriyaki or Soy Sauce
PM SNACK:					
Milk/Water					
Fruit				Raisins	
Vegetable					
Grain	Educational Crackers		WG Champs Crackers		WG Oatmeal Cookie
Meat/Meat Alternate		Yogurt		Cheese Stick	
WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023

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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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/Meat¹	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/Vegetable²	Mandarin Oranges	Banana	Mixed Fruit	Apple Slices	Mango
Vegetable	String Beans	Broccoli	Peas	Sweet Potato Bites	
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	Turkey Ham/Sliced Cheese	Fish Sticks
Extra		Tomato Sauce	Brown or Mushroom Gravy		

SNACK:

Milk/Water					
Fruit					
Vegetable					
Grain	Animal Crackers	WG Wheat Cracker	WG Granola	WG Tortilla Chips/Salsa	WG All Sport Bites
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.