

CHESTERBROOK MAY 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/1/2023	5/2/2023	5/3/2023	5/4/2023	5/5/2023
AM SNACK:					
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 Blueberry Loaf	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
	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 ²	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 Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Taco Seasoning/Salsa		BBQ Sauce
PM SNACK:					
	Cucumber Sandwich				
Milk/Water					
Fruit				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:	5/8/2023	5/9/2023	5/10/2023	5/11/2023	5/12/2023
AM SNACK:					
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 Bagel	WG Cereal	WG Pancake	WG Cereal
Extra		Cream Cheese			
LUNCH:					
	Lasagna Roll Up	Taco Tuesday	Sloppy Joe	Sunbutter & Jelly Sand	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 ²	Mandarin Oranges	Tropical Fruit	Mixed Fruit	Applesauce	Pears
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	Sunbutter & Jelly	Fish Shapes with Cheese
Extra	Marinara Sauce	Taco Seasoning	Manwich Sauce		
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	Animal Crackers	WG Champs Crackers	WG Granola	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.

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/15/2023	5/16/2023	5/17/2023	5/18/2023	5/19/2023
AM SNACK:					
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	WG Cereal	WG French Toast	WG Cereal
Extra					
LUNCH:					
	Pizza Quesadilla	Chicken Patty	Mighty Meaty Pasta	Grilled Chicken Salad	
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	Mixed Fruit	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Marinara Sauce	String Beans		Tossed Salad	Corn
Grain	WG Shell		WG Pasta		WG Bread
Meat/Meat Alternate	Cheese Pizza Quesadilla	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Grilled Chicken Nuggets	Sunbutter & Jelly
Extra			Pasta Sauce	Ranch	
PM SNACK:					
Milk/Water					
Fruit				Raisins	
Vegetable					
Grain	WG Granola Bites		WG Cheese Crackers		Pretzels
Meat/Meat Alternate		Yogurt		Cheese Stick	

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/22/2023	5/23/2023	5/24/2023	5/25/2023	5/26/2023
AM SNACK:					
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 English Muffin	WG Cereal	Yogurt	WG Cereal
Extra		Applebutter			
LUNCH:					
	Pierogies	Chicken Patty	Philly Cheesesteak	Pizza Cruncher	Brunch
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	Tropical Fruit	Pineapple	Applesauce	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					
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	WG Maple Bites	Yogurt	WG Churro Crackers	Goldfish	Ritz Crackers
Meat/Meat Alternate					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.

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WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	5/29/2023	5/30/2023	5/31/2023	6/1/2023	6/2/2023
AM SNACK:					
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+)
Fruit/Vegetable					
Grain/Meat ¹		WG Cereal	Muffins	WG Waffle	WG Cereal
Extra					
LUNCH:					
		Chicken Dippers	Loaded Nachos	Cheesy Peasy	BBQ Chicken
Milk	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 ²		Applesauce	Pineapple	1/2 Banana	Peaches
Vegetable		Sweet Potato Bites	Black Beans	Peas	Mixed Veggies
Grain		WG Breading	WG Tortilla Chips	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	WG Cornbread
Meat/Meat Alternate		Chicken Nuggets	Beef Crumbles/ Shredded Cheese	Diced Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Taco Seasoning/Salsa		BBQ Sauce
PM SNACK:					
Milk/Water					
Fruit				Apple Slices	
Vegetable					
Grain		Graham Crackers	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra					

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.