## **CHESTERBROOK JULY 2023**

| WEEK 1   |   |   |  |   |  |  |  |
|--|---|---|--|---|--|--|--|
| MEAL PATTERN   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |  |  |
| Dates:   | 7/3/2023  | 7/4/2023  | 7/5/2023   | 7/6/2023  | 7/7/2023   |  |  |
| AM SNACK:  |   |   |  |   |  |  |  |
| Milk   | Whole Milk (age 1) or   | CLOSED  | Whole Milk (age 1) or  | Whole Milk (age 1) or   | Whole Milk (age 1) or  |  |  |
| IVIIK  | Low/Fat Free Milk (age 2+)  | CLOSED  | Low/Fat Free Milk (age 2+)   | Low/Fat Free Milk (age 2+)  | Low/Fat Free Milk (age 2+)   |  |  |
| Fruit/Vegetable  |   |   | 1/2 Banana   | Berries   |  |  |  |
| Grain/Meat <sup>1</sup>  | WG Cereal   |   | Oatmeal  | WG Pancake  | WG Cereal  |  |  |
| Extra  |   |   |  |   |  |  |  |
| LUNCH:   |   |   |  |   |  |  |  |
|  | Lasagna Roll Up   |   | Sloppy Joe   | Turkey & Cheese Please  | Fishy Shapes   |  |  |
| Milk   | Whole Milk (age 1) or   | HAPPY 4th of JULY   | Whole Milk (age 1) or  | Whole Milk (age 1) or   | Whole Milk (age 1) or  |  |  |
|  | Low/Fat Free Milk (age 2+)  | 11711 1 401013021   | Low/Fat Free Milk (age 2+)   | Low/Fat Free Milk (age 2+)  | Low/Fat Free Milk (age 2+)   |  |  |
| Fruit/Vegetable <sup>2</sup>   | Mandarin Oranges  |   | Mixed Fruit  | Apple Slices  | Mango  |  |  |
| Vegetable  | String Beans<br>WG Pasta  |   | Broccoli<br>WG Roll  | Sweet Potato Bites WG Bread   | Peas W.C. Preading   |  |  |
| Grain<br>Meat/Meat Alternate   | Cheese  |   | Beef Crumbles  | Turkey/Sliced Cheese  | WG Breading Fish Shapes with Cheese  |  |  |
| Extra  | Marinara Sauce  |   | Manwich Sauce  | Torkey/Sinced Cheese  | risii Siiapes witti Cileese  |  |  |
| PM SNACK:  |   |   |  |   |  |  |  |
|  |   | CLOSED  |  |   |  |  |  |
| M:II-OM-+  |   | CLOSED  |  |   |  |  |  |
| Milk/Water<br>Fruit  | 100% Juice  |   |  |   |  |  |  |
| Vegetable  | 100% Juice  |   |  |   |  |  |  |
| Grain  | Animal Crackers   |   | WG Granola   | WG Pita   | WG Waffle Grahams  |  |  |
| Meat/Meat Alternate  |   |   | Yogurt   | Hummus  |  |  |  |
| Extra  |   |   | 3  |   |  |  |  |
|  |   |   |  |   |  |  |  |
|  |   | WE  | EEK 2  |   |  |  |  |
|  |   |   |  |   |  |  |  |
| MEAL PATTERN   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |  |  |
| MEAL PATTERN  Dates:   | MONDAY<br>7/10/2023   | TUESDAY<br>7/11/2023  | WEDNESDAY<br>7/12/2023   | THURSDAY<br>7/13/2023   | FRIDAY<br>7/14/2023  |  |  |
|  | -   |   | -  |   |  |  |  |
| Dates:   | -   |   | -  |   |  |  |  |
| Dates:   | 7/10/2023   | 7/11/2023   | 7/12/2023  | 7/13/2023   | 7/14/2023  |  |  |
| Dates:   | 7/10/2023<br>Whole Milk (age 1) or  | 7/11/2023<br>Whole Milk (age 1) or  | 7/12/2023<br>Whole Milk (age 1) or   | 7/13/2023<br>Whole Milk (age 1) or  | 7/14/2023<br>Whole Milk (age 1) or   |  |  |
| Dates:  AM SNACK:  Milk  | 7/10/2023<br>Whole Milk (age 1) or  | 7/11/2023<br>Whole Milk (age 1) or  | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  | 7/13/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  | 7/14/2023<br>Whole Milk (age 1) or   |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable   | 7/10/2023<br>Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+)  | 7/11/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples   | 7/13/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  Berries   | 7/14/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)   |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat <sup>2</sup>  | 7/10/2023<br>Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+)  | 7/11/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples   | 7/13/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  Berries   | 7/14/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)   |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat <sup>2</sup> Extra  | 7/10/2023<br>Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+)  | 7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Muffin  Chicken and Waffles   | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples   | 7/13/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  Berries   | 7/14/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)   |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat <sup>2</sup> Extra  LUNCH:  | 7/10/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla Whole Milk (age 1) or  | 7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Muffin  Chicken and Waffles Whole Milk (age 1) or   | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples  WG Granola  Mighty Meaty Pasta Whole Milk (age 1) or   | 7/13/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries  WG French Toast  Grilled Chicken Salad  Whole Milk (age 1) or  | 7/14/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings  Whole Milk (age 1) or   |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat¹  Extra  LUNCH:  Milk   | 7/10/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  | 7/11/2023  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+)   | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+)   | 7/13/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries  WG French Toast  Grilled Chicken Salad  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)   | 7/14/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat¹  Extra  LUNCH:  Milk  Fruit/Vegetable²   | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  | 7/11/2023  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  | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices                                  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges   |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat¹  Extra  LUNCH:  Milk  Fruit/Vegetable²  Vegetable  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce                                    | 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+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta 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+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad   | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies                           |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat¹  Extra  LUNCH:  Milk  Fruit/Vegetable²   | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  | 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                                      | 7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices                                  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges   |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat¹  Extra  LUNCH:  Milk  Fruit/Vegetable²  Vegetable  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce                                    | 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+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta 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+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad   | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies                           |  |  |
| Milk Fruit/Vegetable Grain/Meat² Extra LUNCH: Milk Fruit/Vegetable² Vegetable Grain  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce  WG Shell                          | 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  Breaded Chicken Patty or            | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta 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+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad WG Bread                                | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies WG Dumpling                |  |  |
| Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat¹  Extra  LUNCH:  Milk  Fruit/Vegetable²  Vegetable  Grain  Meat/Meat Alternate                  | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce  WG Shell                          | 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  Breaded Chicken Patty or            | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta 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+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad WG Bread  Grilled Chicken Nuggets       | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies WG Dumpling                |  |  |
| Milk Fruit/Vegetable Grain/Meat¹ Extra LUNCH:  Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra                                       | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce  WG Shell                          | 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  Breaded Chicken Patty or            | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta 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+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad WG Bread  Grilled Chicken Nuggets       | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies WG Dumpling                |  |  |
| Milk Fruit/Vegetable Grain/Meat¹ Extra LUNCH:  Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra                                       | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce  WG Shell                          | 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  Breaded Chicken Patty or            | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta 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+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad WG Bread  Grilled Chicken Nuggets       | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies WG Dumpling                |  |  |
| Milk Fruit/Vegetable Grain/Meat² Extra LUNCH:  Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK:  Milk/Water Fruit           | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce  WG Shell                          | 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  Breaded Chicken Patty or            | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta 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+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad WG Bread  Grilled Chicken Nuggets       | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies WG Dumpling                |  |  |
| Milk Fruit/Vegetable Grain/Meat² Extra LUNCH:  Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK:  Milk/Water Fruit Vegetable | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce  WG Shell  Cheese Pizza 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+) Peaches String Beans WG Waffle Breaded Chicken Patty or Chicken Nuggets | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles Pasta Sauce | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad WG Bread  Grilled Chicken Nuggets Ranch | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Stir Fry Veggies WG Dumpling Chicken Dumpling |  |  |
| Milk Fruit/Vegetable Grain/Meat² Extra LUNCH:  Milk Fruit/Vegetable² Vegetable Grain Meat/Meat Alternate Extra PM SNACK:  Milk/Water Fruit           | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Pizza Quesadilla  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mixed Fruit  Marinara Sauce  WG Shell                          | 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 Breaded Chicken Patty or Chicken Nuggets | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples WG Granola  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Beef Crumbles Pasta Sauce | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG French Toast  Grilled Chicken Salad Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tossed Salad WG Bread  Grilled Chicken Nuggets Ranch | Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Mandarin Oranges  Stir Fry Veggies WG Dumpling                |  |  |



<sup>1.</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

<sup>2.</sup> The fruit component at lunch may be substituted by an additional vegetable.

## **CHESTERBROOK JULY 2023**

| WEEK 3                       |   |   |   |   |   |  |  |
|------------------------------|---|---|---|---|---|--|--|
| MEAL PATTERN                 | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |  |  |
| Dates:                       | 7/17/2023   | 7/18/2023   | 7/19/2023   | 7/20/2023   | 7/21/2023   |  |  |
| AM SNACK:                    |   |   |   |   |   |  |  |
| Milk                         | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) |  |  |
| Fruit/Vegetable              |   |   | 1/2 Banana  | Berries   |   |  |  |
| Grain/Meat <sup>1</sup>      | WG Cereal   | WG English Muffin                                   | Oatmeal   | WG Pancake  | WG Cereal   |  |  |
| Extra                        |   | Applebutter   |   |   |   |  |  |
| LUNCH:                       |   |   |   |   |   |  |  |
|                              | Pierogies   | Chicken Patty                                       | Philly Cheesesteak                                  | Pizza Cruncher                                      | Brunch  |  |  |
| Milk                         | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) |  |  |
| Fruit/Vegetable <sup>2</sup> | Mandarin Oranges                                    | Tropical Fruit                                      | Pineapple   | Apple Slices  | Mango   |  |  |
| 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:                    |   |   |   |   |   |  |  |
|                              |   |   | CINNAMON DIPPERS                                    |   |   |  |  |
| Milk/Water                   |   |   |   |   |   |  |  |
| Fruit                        | 100% Juic <mark>e</mark>                            |   |   |   |   |  |  |
| Vegetable                    |   |   |   |   |   |  |  |
| Grain                        | WG Maple Bites                                      | WG Flatbread Squares                                | WG Churro Crackers                                  | WG Pita   | Ritz Crackers                                       |  |  |
| Meat/Meat Alternate          |   | Sunbutter/Jelly                                     | Yogurt  | Hummus  | Cheesestick   |  |  |

|                              |   | 10/1  | TEV /   |   |  |  |  |
|------------------------------|---|---|---|---|--|--|--|
| WEEK 4                       |   |   |   |   |  |  |  |
| MEAL PATTERN                 | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |  |  |
| Dates:                       | 7/24/2023   | 7/25/2023   | 7/26/2023   | 7/27/2023   | 7/28/2023  |  |  |
| AM SNACK:                    |   |   |   |   |  |  |  |
| Milk                         | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+)                      |  |  |
| Fruit/Vegetable              | 1/2 Banana  |   | Canned Apples w/Cinn                                | Berries   |  |  |  |
| Grain/Meat <sup>1</sup>      | WG Cereal   | WG Blueberry Loaf                                   | Oatmeal   | WG Waffle   | WG Ce <mark>real</mark>  |  |  |
| Extra                        |   |   |   |   |  |  |  |
| LUNCH:                       | LUNCH:  |   |   |   |  |  |  |
|                              | Pizza   | Chicken Dippers                                     | Loaded Totchos                                      | Cheesy Peasy  | BBQ Chicken  |  |  |
| Milk                         | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or<br>Low/Fat Free Milk (age 2+)                      |  |  |
| Fruit/Vegetable <sup>2</sup> | Clementine  | Mango Chunks  | Pineapple   | 1/2 Banana  | Peaches  |  |  |
| Vegetable                    | Broccoli  | Sweet Potato Bites                                  | Salsa   | Peas  | Mixed Veggies  |  |  |
| Grain                        | WG Crust  | WG Breading   | Tater Tots  | WG Mac & Cheese or<br>WG Pasta w/ Cheese Sauce      | WG Cornbread   |  |  |
| Meat/Meat Alternate          | Cheese  | Chicken Nuggets                                     | Beef Crumbles/<br>Shredded Cheese                   | Diced Turkey Ham                                    | Dice <mark>d Chicken</mark> or<br>Grille <mark>d Chicken N</mark> uggets |  |  |
| Extra                        |   | Ranch or Honey Mustard                              | Taco Seasoning                                      |   | BBQ Sauce  |  |  |
| PM SNACK:                    | PM SNACK:   |   |   |   |  |  |  |
|                              | Cucumber Sandwich                                   |   |   |   |  |  |  |
| Milk/Water                   |   |   |   |   |  |  |  |
| Fruit                        |   |   | 100% Juice  | Apple Slices  |  |  |  |
| Vegetable                    | Cucumber Slices                                     |   |   |   |  |  |  |
| Grain                        | WG Flatbread  | Graham Crackers                                     | WG Goldfish   |   | Pretzels   |  |  |
| Meat/Meat Alternate          |   |   |   | Sunbutter   |  |  |  |
| Extra                        | Cream Cheese  |   |   |   |  |  |  |



<sup>1.</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

<sup>2.</sup> The fruit component at lunch may be substituted by an additional vegetable.