

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 Low/Fat Free Milk (age 2+)	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+)
Fruit/Vegetable			1/2 Banana	Berries	
Grain/Meat ¹	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 Low/Fat Free Milk (age 2+)	HAPPY 4th of JULY	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		Mixed Fruit	Apple Slices	Mango
Vegetable	String Beans		Broccoli	Sweet Potato Bites	Peas
Grain	WG Pasta		WG Roll	WG Bread	WG Breading
Meat/Meat Alternate	Cheese		Beef Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce		Manwich Sauce		
PM SNACK:					
		CLOSED			
Milk/Water					
Fruit	100% Juice				
Vegetable					
Grain	Animal Crackers		WG Granola	WG Pita	WG Waffle Grahams
Meat/Meat Alternate			Yogurt	Hummus	
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/10/2023	7/11/2023	7/12/2023	7/13/2023	7/14/2023
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			Canned Cinnamon Apples	Berries	
Grain/Meat ¹	WG Cereal	WG Muffin	WG Granola	WG French Toast	WG Cereal
Extra					
LUNCH:					
	Pizza Quesadilla	Chicken and Waffles	Mighty Meaty Pasta	Grilled Chicken Salad	Asian Dumplings
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	Zucchini	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	
PM SNACK:					
Milk/Water					
Fruit		Mango	100% Juice	Raisins	
Vegetable					
Grain	WG Granola Bites		WG Cheese Crackers		WG Belgian Waffle
Meat/Meat Alternate		Yogurt		Cheese Stick	

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 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 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			1/2 Banana	Berries	
Grain/Meat ¹	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 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	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% Juice				
Vegetable					
Grain	WG Maple Bites	WG Flatbread Squares	WG Churro Crackers	WG Pita	Ritz Crackers
Meat/Meat Alternate		Sunbutter/Jelly	Yogurt	Hummus	Cheesestick

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 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	1/2 Banana		Canned Apples w/Cinn	Berries	
Grain/Meat ¹	WG Cereal	WG Blueberry Loaf	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
	Pizza	Chicken Dippers	Loaded Totchos	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	Salsa	Peas	Mixed Veggies
Grain	WG Crust	WG Breading	Tater Tots	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		BBQ Sauce
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				

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.