

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					
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 Breeding
Meat/Meat Alternate	Cheese		Beef Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce		Manwich Sauce		
PM SNACK:					
		CLOSED			
Milk/Water					
Fruit					
Vegetable					
Grain	Animal Crackers			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		
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	Chicken & Rice
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	Peas
Grain	WG Shell	WG Waffle	WG Pasta		Rice
Meat/Meat Alternate	Cheese Pizza Quesadilla	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Grilled Chicken Nuggets	Diced Chicken
Extra			Pasta Sauce	Ranch	
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	Pretzels		WG Cheese Crackers	Crackers	Goldfish
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.

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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					
Grain/Meat ¹	WG Cereal	Yogurt	Oatmeal	WG Pancake	WG Cereal
Extra					
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	Peaches	Banana	Applesauce	Banana
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					
Vegetable					
Grain	Graham Crackers	Animal Crackers		WG Pita	Ritz Crackers
Meat/Meat Alternate			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					
Grain/Meat ¹	WG Cereal	WG Blueberry Loaf	Cereal	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	Pineapple	1/2 Banana	Applesauce	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 Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Taco Seasoning		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				

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.