

# 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
<b>AM SNACK:</b>					
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	Fruit		1/2 Banana	Berries	Fruit
Grain/Meat <sup>1</sup>	WG Cereal		Egg Patty	WG Pancake	WG Cereal
Extra					
<b>LUNCH:</b>					
	<b>Spaghetti</b>		<b>Sloppy Joe</b>	<b>Turkey &amp; Cheese Please</b>	<b>Fishy Shapes</b>
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 <sup>2</sup>	Mandarin Oranges		Mixed Fruit	Apple Slices	Pineapple
Vegetable	String Beans		Broccoli	Sweet Potato Bites	Peas
Grain	WG Pasta		WG Roll	WG Bread	WG Breading
Meat/Meat Alternate	Cheese		Veggie Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce		Manwich Sauce		
<b>PM SNACK:</b>					
		CLOSED			
Milk/Water					
Fruit					
Vegetable					
Grain	Animal Crackers		Champs Cracker	Wheat Crackers	WG Waffle Grahams
Meat/Meat Alternate			Yogurt	Cheese	
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
<b>AM SNACK:</b>					
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	Fresh fruit	Pineapples	Canned Cinnamon Apples	Blue Berries	Fresh Fruit
Grain/Meat <sup>1</sup>	WG Cereal	WG Muffin	Egg Patty	WG French Toast	WG Cereal
Extra					
<b>LUNCH:</b>					
	<b>Pizza Quesadilla</b>	<b>Chicken and Waffles</b>	<b>Mighty Meaty Pasta</b>	<b>Grilled Chicken Salad</b>	<b>Asian Dumplings</b>
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 <sup>2</sup>	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	Veggie Crumbles	Grilled Chicken Nuggets	Chicken Dumpling
Extra			Pasta Sauce	Ranch	
<b>PM SNACK:</b>					
Milk/Water					
Fruit		Blueberries	Watermelon		
Vegetable					
Grain	WG Granola Bites		WG Cheese Crackers	Pretzels	Graham Crackers
Meat/Meat Alternate		Yogurt		Cheese Stick	Sunbutter

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
<b>AM SNACK:</b>					
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	Strawberries	1/2 Banana	Blueberries	Fruit
Grain/Meat <sup>1</sup>	WG Cereal	Bagel	Egg Patty	WG Pancake	WG Cereal
Extra		Applebutter			
<b>LUNCH:</b>					
	<b>Pierogies</b>	<b>Chicken Patty</b>	<b>Philly Cheesesteak</b>	<b>Pizza Cruncher</b>	<b>Brunch</b>
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 <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					
<b>PM SNACK:</b>					
			<b>CINNAMON DIPPERS</b>		
Milk/Water					
Fruit			Watermelon	Fresh Apples	
Vegetable					
Grain	WG Maple Bites	Townhouse Crackers			Ritz Crackers
Meat/Meat Alternate		Sunbutter	Yogurt	Sunbutter	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
<b>AM SNACK:</b>					
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	Pineapple	1/2 Banana	Canned Apples w/Cinn	Berries	Pears
Grain/Meat <sup>1</sup>	WG Cereal	WG Blueberry Loaf	Egg Patty	WG Waffle	WG Cereal
Extra					
<b>LUNCH:</b>					
	<b>Pizza</b>	<b>Chicken Dippers</b>	<b>Loaded Totchos</b>	<b>Cheesy Peasy</b>	<b>BBQ Chicken</b>
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 <sup>2</sup>	Clementine	Peaches	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
<b>PM SNACK:</b>					
	<b>Cucumber Sandwich</b>				
Milk/Water					
Fruit		Berries	Watermelon	Apple Slices	
Vegetable	Cucumber Slices				
Grain			WG Goldfish		Pretzels
Meat/Meat Alternate		Yogurt		Sunbutter	Cheesestick
Extra	Ranch				

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.