## **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	Fruit		1/2 Banana	Berries	Fruit
Grain/Meat <sup>1</sup>	WG Cereal		Egg Patty	WG Pancake	WG Cereal
Extra	W d cereal		Lgg r dety	Wertuneake	WG cerear
LUNCH:					
LONCH.					
	Spaghetti		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
F:+0/	Low/Fat Free Milk (age 2+)		Low/Fat Free Milk (age 2+)  Mixed Fruit	Low/Fat Free Milk (age 2+) Apple Slices	Low/Fat Free Milk (age 2+)
Fruit/Vegetable <sup>2</sup>	Mandarin Oranges			Sweet Potato Bites	Pineapple
Vegetable Grain	String Beans WG Pasta		Broccoli WG Roll	WG Bread	Peas WG Breading
Meat/Meat Alternate	Cheese		Veggie Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce		Manwich Sauce	Torkey/Jineed Cheese	rish shapes with cheese
PM SNACK:	Warmara Sabee		Manwich Sauce		
στο τοιλι		T	•	•	
		CLOSED			
Milk/Water					
Fruit					
Vegetable	A : 15		Cl	MI 1.5 1	We've Go
Grain Meat/Meat Alternate	Animal Crackers		Champs Cracker	Wheat Crackers Cheese	WG Waffle Grahams
Extra			Yogurt	Crieese	
LXIId					
		WE	EK 2		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL PATTERN  Dates:	MONDAY 7/10/2023	TUESDAY 7/11/2023	WEDNESDAY 7/12/2023	THURSDAY 7/13/2023	FRIDAY 7/14/2023
Dates:	7/10/2023	7/11/2023	7/12/2023	7/13/2023	7/14/2023
Dates:	7/10/2023 Whole Milk (age 1) or	7/11/2023 Whole Milk (age 1) or	7/12/2023 Whole Milk (age 1) or	7/13/2023 Whole Milk (age 1) or	7/14/2023 Whole Milk (age 1) or
Dates:  AM SNACK:  Milk	7/10/2023	7/11/2023	7/12/2023	7/13/2023	7/14/2023
Dates:	7/10/2023 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+)	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  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Dates:  AM SNACK:  Milk  Fruit/Vegetable	7/10/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  Fresh fruit	7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Pineapples	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+)  Blue Berries	7/14/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Fresh Fruit
Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat <sup>2</sup>	7/10/2023  Whole Milk (age 1) or  Low/Fat Free Milk (age 2+)  Fresh fruit	7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Pineapples	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+)  Blue Berries	7/14/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Fresh Fruit
Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat <sup>1</sup> Extra	7/10/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Fresh fruit  WG Cereal	7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Pineapples  WG Muffin	7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples  Egg Patty	7/13/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Blue Berries  WG French Toast	7/14/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Fresh Fruit  WG Cereal
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+) Fresh fruit WG Cereal  Pizza Quesadilla	7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapples WG Muffin  Chicken and Waffles	7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Egg Patty  Mighty Meaty Pasta	7/13/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue Berries  WG French Toast  Grilled Chicken Salad	7/14/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Fruit WG Cereal  Asian Dumplings
Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat <sup>1</sup> Extra	7/10/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Fresh fruit  WG Cereal	7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Pineapples  WG Muffin	7/12/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples  Egg Patty	7/13/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Blue Berries  WG French Toast	7/14/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+)  Fresh Fruit  WG Cereal
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+) Fresh fruit WG Cereal  Pizza Quesadilla Whole Milk (age 1) or	7/11/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapples  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 Egg Patty  Mighty Meaty Pasta Whole Milk (age 1) or	7/13/2023  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue 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+) Fresh Fruit WG Cereal  Asian Dumplings Whole Milk (age 1) or
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+) Fresh fruit 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+) Pineapples 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 Egg Patty  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+) Blue 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+) Fresh Fruit WG Cereal  Asian Dumplings Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Dates:  AM SNACK:  Milk  Fruit/Vegetable  Grain/Meat²  Extra  LUNCH:  Milk  Fruit/Vegetable²	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh fruit 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+) Pineapples  WG Muffin  Chicken and Waffles  Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches String Beans WG Waffle	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Canned Cinnamon Apples Egg Patty  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+) Blue 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+) Fresh Fruit 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+) Fresh fruit 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+) Pineapples 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 Egg Patty  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+) Blue 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+) Fresh Fruit 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+) Fresh fruit 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+) Pineapples 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 Egg Patty  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+) Blue 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+) Fresh Fruit 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	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh fruit 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+) Pineapples 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 Egg Patty  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta  Veggie Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue 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+) Fresh Fruit 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	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh fruit 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+) Pineapples 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 Egg Patty  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta  Veggie Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue 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+) Fresh Fruit 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 PM SNACK:	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh fruit 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+) Pineapples 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 Egg Patty  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta  Veggie Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue 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+) Fresh Fruit 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	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh fruit 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+) Pineapples 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 Egg Patty  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta  Veggie Crumbles	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue 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+) Fresh Fruit 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:	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh fruit 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+) Pineapples 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 Egg Patty  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Veggie Crumbles Pasta Sauce	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue 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+) Fresh Fruit 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:	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh fruit 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+) Pineapples 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 Egg Patty  Mighty Meaty Pasta Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Zucchini WG Pasta Veggie Crumbles Pasta Sauce	Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blue 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+) Fresh Fruit 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 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					
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 <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			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		
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	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							
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 <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		
PM SNACK:							
	Cucumber Sandwich						
Milk/Water							
Fruit		Berries	Watermelon	Apple Slices			
Vegetable	Cucumber Slices						
Grain			WG Goldfish		Pretzels		
Meat/Meat Alternate		Yogurt		Sunbutter	Cheesestick		
Extra	Ranch						



<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.