

CHESTERBROOK AUGUST 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/31/2023	8/1/2023	8/2/2023	8/3/2023	8/4/2023
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	Fruit	Fruit	1/2 Banana	Berries	Mandarin Oranges
Grain/Meat¹	WG Cereal	WG Muffin	Egg Patty	WG Pancake	WG Cereal
Extra					
LUNCH:					
	Asian Dumplings	Taco Tuesday	Sloppy Joe	Turkey & Cheese Please	Fishy Shapes
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/Vegetable²	Mandarin Oranges	Pears	Mixed Fruit	Apple Slices	Peaches
Vegetable	String Beans	Corn	Broccoli	Sweet Potato Bites	Peas
Grain	WG Dumplings	WG Tortilla	WG Roll	WG Bread	WG Breading
Meat/Meat Alternate	Chicken Dumpling	Diced Chicken /Shredded Cheese	Veggie Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra		Taco Seasoning	Manwich Sauce		
PM SNACK:					
Milk/Water					
Fruit		oranges	Cantaloupe		
Vegetable					
Grain	Animal Crackers	WG Champs Crackers	Churro Crackers	Goldfish	WG Waffle Grahams
Meat/Meat Alternate				Cheese sticks	
Extra	Sunbutter				
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/7/2023	8/8/2023	8/9/2023	8/10/2023	8/11/2023
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	Pineapples	1/2 Banana	Canned Cinnamon Apples	Berries	Fruit
Grain/Meat¹	WG Cereal	WG Muffin	Egg Patty	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/Vegetable²	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	
PM SNACK:					
Milk/Water					
Fruit		Berries	cantaloupe		Fruit
Vegetable					
Grain	Graham Crackers		WG Cheese Crackers	Townhouse crackers	Wheat Crackers
Extra	Sunbutter	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 AUGUST 2023

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/14/2023	8/15/2023	8/16/2023	8/17/2023	8/18/2023
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+)	CLOSED
Fruit/Vegetable	Fruit		1/2 Banana	Berries	
Grain/Meat ¹	WG Cereal	WG English Muffin	Egg Patty	WG Pancake	
Extra		Applebutter			
LUNCH:					
Milk	Pierogies	Chicken Patty	Philly Cheesesteak	Pizza Cruncher	CLOSED
Fruit/Vegetable ²	Mandarin Oranges	Peaches	Pineapple	Apple Slices	
Vegetable	Peas & Carrots	Mixed Vegetables	Tator Tots	Broccoli	
Grain	WG Pierogie Shell	WG Roll	WG Roll	WG Crust	
Meat/Meat Alternate	Pierogie Filling	WG Breaded Chicken Patty	Beef Steak Meat/Cheese	Cheese	
Extra					
PM SNACK:					
Milk/Water					
Fruit	Fruit			Fruit	
Vegetable					
Grain	WG Maple Bites	Pretzels	WG Churro Crackers	Wheat Crackers	
Meat/Meat Alternate		Cheese Sticks	Yogurt		

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/21/2023	8/22/2023	8/23/2023	8/24/2023	8/25/2023
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	Fruit	Canned Apples w/Cinn	Berries	Fruit
Grain/Meat ¹	WG Cereal	WG Blueberry Loaf	Egg Patty	WG Waffle	WG Cereal
Extra					
LUNCH:					
Milk	Pizza	Chicken Dippers	Loaded Totchos	Cheesy Peasy	BBQ Chicken
Fruit/Vegetable ²	Clementine	Pears	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	Veggie Crumbles/ Shredded Cheese	Diced Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Taco Seasoning		BBQ Sauce
PM SNACK:					
Milk/Water	Cucumber Sandwich				
Fruit			Fruit	Apple Slices	
Vegetable	Cucumber Slices				
Grain		Graham Crackers	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra	Ranch Dressing	Sunbutter			Cheese Sticks

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 5

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/28/2023	8/29/2023	8/30/2023	8/31/2023	9/1/2023

AM SNACK:

Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF	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/Meat¹	WG Cereal		Oatmeal	WG Pancake	WG Cereal
Extra					

LUNCH:

	Mighty Meaty Pasta		Sloppy Joe	Turkey & Cheese Please	Fishy Shapes
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHOICE	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/Vegetable²	Mandarin Oranges		Mixed Fruit	Apple Slices	Peaches
Vegetable	String Beans		Broccoli	Sweet Potato Bites	Peas
Grain	WG Pasta		WG Roll	WG Bread	WG Breading
Meat/Meat Alternate	Veggie Crumbles		Veggie Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce				

PM SNACK:

		DAY			
Milk/Water					
Fruit	Fruit				
Vegetable					
Grain	Animal Crackers		Berries	Cucumbers	Pretzels
Meat/Meat Alternate			Yogurt		
Extra				Ranch Dressing	Cheese Sticks

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.