

CHESTERBROOK SEPTEMBER 2023

| WEEK 1 | | | | | |
|------------------------------|--|--|--|--|--|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 9/4/2023 | 9/5/2023 | 9/6/2023 | 9/7/2023 | 9/8/2023 |
| AM SNACK: | | | | | |
| Milk | 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+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit/Vegetable | | | Canned Cinnamon Apples | | |
| Grain/Meat ¹ | | WG Cereal | WG Granola | WG French Toast | WG Cereal |
| Extra | | | | | |
| LUNCH: | | | | | |
| | | Pizza Quesadilla | Mighty Meaty Pasta | Grilled Chicken Salad | Asian Dumplings |
| Milk | Happy Labor Day!! | 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 | | Applesauce | Banana | Pineapple | Mandarin Oranges |
| Vegetable | | Marinara Sauce | Zucchini | Tossed Salad | Stir Fry Veggies |
| Grain | | WG Shell | WG Pasta | | WG Dumpling |
| Meat/Meat Alternate | | Cheese Pizza Quesadilla | Beef Crumbles | Grilled Chicken Nuggets | Chicken Dumpling |
| Extra | | | Pasta Sauce | Ranch | |
| PM SNACK: | | | | | |
| Milk/Water | | | | | |
| Fruit | | | | | |
| Vegetable | | | | | |
| Grain | CLOSED | Granola Bites | WG Cheese Crackers | Crackers | WG Belgian Waffle |
| Meat/Meat Alternate | | | | Cheese Stick | |
| Extra | | | | | |
| WEEK 2 | | | | | |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 9/11/2023 | 9/12/2023 | 9/13/2023 | 9/14/2023 | 9/15/2023 |
| 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 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 | Applesauce | 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 | | | | | |
| Vegetable | | | | | |
| Grain | WG Maple Bites | Animal Crackers | WG Churro Crackers | WG Pita | Ritz Crackers |
| Meat/Meat Alternate | | | Yogurt | Hummus | Cheesestick |

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: | 9/18/2023 | 9/19/2023 | 9/20/2023 | 9/21/2023 | 9/22/2023 |
| 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 | 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 | Applesauce | 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 | | | | Apple Slices | |
| Vegetable | Cucumber Slices | | | | |
| Grain | | Graham Crackers | WG Goldfish | | Pretzels |
| Meat/Meat Alternate | | | | Sunbutter | |
| Extra | Cream Cheese | | | | |

| WEEK 4 | | | | | |
|------------------------------|--|--|--|--|--|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 9/25/2023 | 9/26/2023 | 9/27/2023 | 9/28/2023 | 9/29/2023 |
| 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 Muffin | WG Cereal | WG Pancake | WG Cereal |
| Extra | | | | | |
| LUNCH: | | | | | |
| | Lasagna Roll Up | Chicken and Waffles | 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/Vegetable ² | Mandarin Oranges | Peaches | Mixed Fruit | Apple Slices | Mango |
| Vegetable | String Beans | String Beans | Broccoli | Sweet Potato Bites | Peas |
| Grain | WG Pasta | WG Waffle | WG Roll | WG Bread | WG Breading |
| Meat/Meat Alternate | Cheese | Breaded Chicken Patty or Chicken Nuggets | Beef Crumbles | Turkey/Sliced Cheese | Fish Shapes with Cheese |
| Extra | Marinara Sauce | | Manwich Sauce | | |
| PM SNACK: | | | | | |
| | | | | | |
| Milk/Water | | | | | |
| Fruit | | Mango | | | |
| Vegetable | | | | | |
| Grain | Animal Crackers | | Cheez- Its | Graham Crackers | WG Waffle Grahams |
| Meat/Meat Alternate | | Yogurt | | | |
| 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.