

# 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
<b>AM SNACK:</b>					
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		Strawberries	Canned Cinnamon Apples	Pineapples	Blueberries
Grain/Meat <sup>1</sup>		WG Cereal	Egg Patty	WG French Toast	WG Cereal
Extra					
<b>LUNCH:</b>					
		Pizza Quesadilla	Turkey & Cheese Please	Grilled Chicken Salad	Fishy Shapes
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 <sup>2</sup>		Mixed Fruit	Apple Slices	Pineapple	Mandarin Oranges
Vegetable		Peas	Corn	Tossed Salad	Green Beans
Grain			WG Bread	WG Bread	
Meat/Meat Alternate			Turkey	Grilled Chicken Nuggets	
Extra			Sliced cheese	Ranch	
<b>PM SNACK:</b>					
	CLOSED				
Milk/Water					
Fruit			Blue Berries		1/2 Banana
Vegetable					
Grain		Maple Bites	Cheese-itz	Town House	Waffle graham
Meat/Meat Alternate				Cheese Stick	
Extra		Yogurt			
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
<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	Peaches		1/2 Banana	Berries	Pears
Grain/Meat <sup>1</sup>	WG Cereal	Cream Cheese	Egg Patty	WG Pancake	WG Cereal
Extra		Applebutter			
<b>LUNCH:</b>					
	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	Peaches
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	Veggie Meat/Cheese	Cheese	1/2 Turkey Sausage Patty
Extra					
<b>PM SNACK:</b>					
Milk/Water					
Fruit					
Vegetable			Cucumbers		
Grain	WG Maple Bites	Graham Crackers		Churro Crackers	Ritz Crackers
		Sunbutter	Ranch	Cantaloupe	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.

# CHESTERBROOK SEPTEMBER 2023

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
<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	Pineapples	1/2 Banana	Pears	Blueberries	Strawberries
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	
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
<b>PM SNACK:</b>					
Milk/Water					
Fruit				Apple Slices	
Vegetable	Cucumber Slices				
Grain		Graham Crackers	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	Cheese Sticks
Extra	Ranch				

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
<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			1/2 Banana	Berries	
Grain/Meat <sup>1</sup>	WG Cereal	WG Muffin	Egg Patty	WG Pancake	WG Cereal
Extra					
<b>LUNCH:</b>					
	<b>Spaghetti</b>	<b>Chicken and Waffles</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+)	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	Peaches	Mixed Fruit	Apple Slices	Pears
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	Veggie Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce		Manwich Sauce		
<b>PM SNACK:</b>					
Milk/Water					
Fruit				Apples	
Vegetable					
Grain	Animal Crackers	Town House Crackers	WG Granola		WG Goldfish
Meat/Meat Alternate		Cheese Sticks	Yogurt	Sunbutter	
Extra					

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.