## **CHESTERBROOK SEPTEMBER 2023**

		WE	EK 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		<b>Strawberries</b>	Canned Cinnamon Apples	Pineapples	Blueberries
Grain/Meat <sup>1</sup>		W <mark>G C</mark> ereal	Egg Patty	WG French Toast	WG Cereal
Extra					
LUNCH:					
		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	
PM SNACK:					
	CLOSED				
Milk/Water					
Fruit			Blue Berries		1/2 Banana
Vegeta <mark>ble</mark>					
Vegeta <mark>ble</mark> Grain		Maple Bites	Cheese-itz	Town House	Waffle graham
Gr <mark>ain</mark> Meat/Me <mark>at Altern</mark> ate			Cheese-itz	Town House Cheese Stick	Waffle graham
Grain		Maple Bites Yoqurt	Cheese-itz		Waffle graham
Gr <mark>ain</mark> Meat/Me <mark>at Altern</mark> ate		Yogurt	Cheese-itz		Waffle graham
Grain Meat/Meat Alternate Extra	MONDAY	Yogurt		Cheese Stick	Waffle graham
Grain Meat/Meat Alternate Extra MEAL PATTERN		Yoqurt WE TUESDAY	EK 2 WEDNESDAY	Cheese Stick THURSDAY	FRIDAY
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates:	MONDAY 9/11/2023	Yogurt	ЕЕК 2	Cheese Stick	
Grain Meat/Meat Alternate Extra MEAL PATTERN	9/11/2023 Whole Milk (age 1) or	Yogurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or	FRIDAY 9/15/2023 Whole Milk (age 1) or
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Yogurt WE TUESDAY 9/12/2023	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches	Yogurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>4</sup>	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Yogurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>3</sup> Extra	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches	Yogurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>4</sup>	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter	EEK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>2</sup> Extra LUNCH:	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal Pierogies	Yogurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>3</sup> Extra	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty	EEK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>2</sup> Extra LUNCH:	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal Pierogies Whole Milk (age 1) or	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>1</sup> Extra LUNCH: Milk	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal <b>Pierogies</b> Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>4</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>4</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>4</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate Extra	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables WG Roll	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli WG Crust	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn WG French Toast Stx
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>4</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables WG Roll	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli WG Crust	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn WG French Toast Stx
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>±</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate Extra	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables WG Roll	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli WG Crust	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn WG French Toast Stx
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>±</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate Extra	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables WG Roll	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli WG Crust	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn WG French Toast Stx
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>3</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate Extra PM SNACK:	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables WG Roll	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll Veggie Meat/Cheese	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli WG Crust	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn WG French Toast Stx
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>3</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate Extra PM SNACK: Milk/Water Fruit Vegetable	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal Pierogies Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell Pierogie Filling	Yogurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables WG Roll WG Breaded Chicken Patty	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli WG Crust Cheese	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn WG French Toast Stx 1/2 Turkey Sausage Patty
Grain Meat/Meat Alternate Extra MEAL PATTERN Dates: AM SNACK: Milk Fruit/Vegetable Grain/Meat <sup>3</sup> Extra LUNCH: Milk Fruit/Vegetable <sup>2</sup> Vegetable Grain Meat/Meat Alternate Extra PM SNACK:	9/11/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches WG Cereal WG Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Peas & Carrots WG Pierogie Shell	Yoqurt WE TUESDAY 9/12/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Cream Cheese Applebutter Chicken Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Tropical Fruit Mixed Vegetables WG Roll	EK 2 WEDNESDAY 9/13/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Egg Patty Philly Cheesesteak Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pineapple Tator Tots WG Roll Veggie Meat/Cheese	Cheese Stick THURSDAY 9/14/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Berries WG Pancake Pizza Cruncher Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Apple Slices Broccoli WG Crust	FRIDAY 9/15/2023 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears WG Cereal Brunch Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Peaches Corn WG French Toast Stx



Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
 The fruit component at lunch may be substituted by an additional vegetable.
 Page 1 of 2

## **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
M 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	Pears	Blueberries	Strawberries
Grain/Meat <sup>1</sup>	WG Cereal	WG Blueberry Loaf	Egg Patty	WG Waffle	WG Cereal
Extra					
UNCH:					
	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	
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
M SNACK:					
Milk/Water					
Fruit				Apple Slices	
Vegetable	Cucumber Slices				
Grain		Graham Crackers	WG Goldfish		Pretzels
Mea <mark>t/Meat A</mark> lternate				Sunbutter	Cheese Sticks
Extra	Ranch				
		WE	EEK 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			1/2 Banana	Berries		
Grain/Meat <sup>1</sup>	WG Cereal	WG Muffin	Egg Patty	WG Pancake	WG Cereal	
Extra						
LUNCH:						

	Spaghetti	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 <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		
PM SNACK:					
Milk/Water					
Fruit				Apples	
Vegetable					
Grain	Animal Crackers	Town House Crackers	WG Granola		WG Goldfish
Meat/Meat Alternate		Cheese Sticks	Yogurt	Sunbutter	
Weat/Weat Alternate					

Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
 The fruit component at lunch may be substituted by an additional vegetable.
 Page 2 of 2

