

CHESTERBROOK OCTOBER 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
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			Canned Cinnamon Apples	Berries	
Grain/Meat¹	WG Cereal	WG Bagel	Egg Patty	WG French Toast	WG Cereal
Extra		Cream Cheese			
LUNCH:					
	Pizza Quesadilla	Taco Tuesday	Spaghetti	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	Tropical Fruit	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Carrots	Corn	Zucchini	Tossed Salad	Mixed Vegetables
Grain	WG Shell	WG Tortilla	WG Pasta	WG Bread	WG Dumpling
Meat/Meat Alternate	Cheese Pizza Quesadilla	Diced Chicken /Shredded Cheese	Veggie Crumbles	Grilled Chicken Nuggets	Chicken Dumpling
Extra		Taco Seasoning	Pasta Sauce	Ranch	
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	WG Granola Bites	WG Champs Crackers	WG Cheese Crackers	Ritz Crackers	Churro Crackers
Meat/Meat Alternate				Cheese Stick	
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
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/Meat¹	WG Cereal	Bagel	Egg Patty	WG Pancake	WG Cereal
Extra		Cream Cheese			
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/Vegetable²	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	Beef Steak Meat/Cheese	Cheese	1/2 Turkey Sausage Patty
Extra					
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	WG Maple Bites	WG Flatbread Squares	WG Churro Crackers	Cucumbers	Ritz Crackers
Meat/Meat Alternate		Sunbutter	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

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MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
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	Blueberries	Fruit
Grain/Meat ¹	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 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					
Fruit				Apple Slices	
Vegetable	Cucumber Slices				
Grain		Graham Crackers	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	Cheese Sticks
Extra	Ranch				

WEEK 4

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
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+)	CHEP's
Fruit/Vegetable			1/2 Banana	Berries	
Grain/Meat ¹	WG Cereal	WG Muffin	Egg Patty	WG Pancake	
Extra					
LUNCH:					
	Spaghetti	Chicken and Waffles	Sloppy Joe	Turkey & Cheese Please	
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+)	CHOICE
Fruit/Vegetable ²	Mandarin Oranges	Peaches	Mixed Fruit	Apple Slices	
Vegetable	String Beans	String Beans	Broccoli	Sweet Potato Bites	
Grain	WG Pasta	WG Waffle	WG Roll	WG Bread	
Meat/Meat Alternate	Veggie Crumbles	Breaded Chicken Patty or Chicken Nuggets	Veggies Crumbles	Turkey/Sliced Cheese	
Extra	Marinara Sauce		Manwich Sauce		
PM SNACK:					
Milk/Water					
Fruit		Mixed Berries			
Vegetable					DAY!
Grain	Animal Crackers		Apples	Carrots	
Meat/Meat Alternate		Yogurt	Sunbutter	Hummus	
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.