



Chesterbrook Academy Aldie

November 13th - 17th, 2023

MONDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: Turkey and Cheese on **WG Roll**, **Mixed Vegetables**, Applesauce, Milk

PM SNACK: Manager's Choice

TUESDAY

AM SNACK: **WG Muffin**, Jelly, Milk

LUNCH: **Black Bean** and Cheese on a **WG Wrap**, **WG Hash Browns**, **Mandarin Oranges**, Milk

PM SNACK: Crackers, Sunbutter

WEDNESDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: Rice, Chicken, Sweet Sour Sauce, **Broccoli**, **Pineapple**, Milk

PM SNACK: Fruit Bar

THURSDAY

AM SNACK: **WG Pancakes**, Syrup, Milk

LUNCH: **WG Mac n Cheese**, **Peas**, **Carrots**, Milk

PM SNACK: Apple Cinnamon Bear Grahams

FRIDAY

AM SNACK: **WG Cereal**, Milk

LUNCH: Chicken, **Corn**, **Bananas**, Milk

PM SNACK: Goldfish

Milk will be provided for AM Snack and Lunch. All beverages will be served in disposable drinking cups.

Red text = vegetarian option.

Green text = fresh/frozen produce, wheat, whole-grain, & multigrain items.