

CHESTERBROOK MENU : FEBRUARY 2024

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/5/2024	2/6/2024	2/7/2024	2/8/2024	2/9/2024
AM SNACK:					
Milk/Dairy	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	Pears	Strawberries	Apple sauce	Fresh Fruit	Mango
Grain/Meat	WG Cereal	WG English Muffin w/Jelly	WG Blueberry muffin	WG Cereal	Mixed Breakfast
Extra					
LUNCH:					
Milk/Dairy	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	Mix Fruit	Peaches	Mixed Fruit	Sliced Apples	Blueberries
Vegetable	Carrots	Peas	Tater Tots	Broccoli	Fresh Zucchini
Grain	Chesse Quesadilla on WG Tortilla	WG Rice	WG Bun	WG Macroni and Cheese	
Meat/Protein		Fish Sticks/V.O	BBQ Chicken		Grilled Chicken nuggets
Extra			Cheese		(Veq.Option available)
PM SNACK:					
Milk/Dairy				Yogurt	Cheese
Fruit	Apple Butter	Fresh Apple Slices	Mixed Fruit		
Vegetable					
Grain	WG Rice Cake		WG Pretzels		WG Veggie crackers
Meat/Protein		SunButter		WG Granola	
Extra	Water	Water	Water	Water	Water

WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/12/2023	2/13/2024	2/14/2023	2/15/2024	2/16/2023
AM SNACK:					
Milk/Dairy	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	Pineapple	Mandarin Oranges	Mango	Fresh Fruit	Blueberries
Grain/Meat	WG Cereal	WG Toast w w/Jelly	WG Apple Cinnamon Loaf	WG Cereal	Mixed Breakfast
Extra					
LUNCH:					
Milk/Dairy	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		Mango	Strawberries	Fresh Orange Slices	Mixed Fruit
Vegetable	pears	Tater Tots	Fresh Zucchini	Stringbeans	Carrots
Grain	Baked Ziti (Noodles, sauce, cheese)	WG Pancakes w/sf syrup	WG Pizza sticks	WG Bun	Bean & Cheese Quesadilla on WG Tortilla
Meat/Protein	Cheese	Turkey sausage/ V.O.	Cheese	WG Chicken Patty/Cheese	Bean and Cheese
Extra	Sauce	Veg.Option available		Veg. option	
PM SNACK:					
Milk/Dairy				Yogurt	Cheese
Fruit	AppleButter	Fresh Apple Slices			
Vegetable					
Grain	WG Graham Crackers		Valentine's snack	Granola	Nut-free Trail mix
Meat/Protein		Nut Butter			
Extra	Water	Water	Water	Water	Water