

Chesterbrook @ Woodshire
Top 9 Allergen Free LK Menu

April 2024

Fairfax Food Service

Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024
Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Brown Sugar Cinnamon Oatmeal, 1/3 c Ketchup Tossed Salad w/Mixed Greens, 1/2c Banana, 1/2 ea.	Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8 c	Cookout Beef Burger, 1 ea Plain Quinoa, 1/3 c Ketchup Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Tossed Salad w/Mixed Greens, 1/2 c Orange Wedges, 4 ea.
TODS & TWOS None	TODS & TWOS Peas, Carrots, Green Beans, 1/4c	TODS & TWOS Plain WG Brown Rice w/Cauliflower, 1/3 c Carrot Coins, 1/4c	TODS & TWOS Applesauce, 3/8c	TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c
VEG: Red Beans & Rice, 3/4c	VEG: Black Bean Chili 1/2 c, & Fritos pkt, 1ea	VEG: Black Beans 1/2 c	VEG: Garbanzo Chickpeas, 1/2 c	VEG: Black Bean Chili 1/2 c
Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	Friday, April 12, 2024
Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Mixed Peaches & Pears in Juice, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Brown Sugar Cinnamon Oatmeal, 1/3 c Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c	Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Steamed Green Beans, 1/4c Banana, 1/2ea	Cookout Beef Burger, 1 ea Plain Quinoa, 1/3 c Ketchup Fresh Baby Carrots, 1/4c Orange Wedges, 4 ea.	Chicken Sausage Patty, 1 ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Pears in Juice, 3/8 c
TODS & TWOS Carrot Coins, 1/4c	TODS & TWOS Steamed Green Beans, 1/4c Applesauce, 3/8c	TODS & TWOS Plain WG Brown Rice w/Cauliflower, 1/3 c	TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	TODS & TWOS Peas, Carrots, Green Beans, 1/4c
VEG: Red Beans & Rice, 3/4c	VEG: Black Bean Chili 1/2 c, & Fritos pkt, 1ea	VEG: Black Beans 1/2 c	VEG: Garbanzo Chickpeas, 1/2 c	VEG: Black Bean Chili 1/2 c
Monday, April 15, 2024	Tuesday, April 16, 2024	Wednesday, April 17, 2024	Thursday, April 18, 2024	Friday, April 19, 2024
Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Pineapple Tidbits, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Brown Sugar Cinnamon Oatmeal, 1/3 c Ketchup Steamed Green Beans, 1/4c Banana, 1/2ea	Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.	Cookout Beef Burger, 1 ea Plain Quinoa, 1/3 c Ketchup Caesar Salad, 1/2 c Gala Apple, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c
TODS & TWOS Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c	TODS & TWOS None	TODS & TWOS Plain WG Brown Rice w/Cauliflower, 1/3 c Mandarin Oranges, 3/8 c	TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c	TODS & TWOS Carrot Coins, 1/4c
VEG: Red Beans & Rice, 3/4c	VEG: Black Bean Chili 1/2 c, & Fritos pkt, 1ea	VEG: Black Beans 1/2 c	VEG: Garbanzo Chickpeas, 1/2 c	VEG: Black Bean Chili 1/2 c
Monday, April 22, 2024	Tuesday, April 23, 2024	Wednesday, April 24, 2024	Thursday, April 25, 2024	Friday, April 26, 2024
Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Brown Sugar Cinnamon Oatmeal, 1/3 c Ketchup Green Beans, 1/4 c Red Delicious Apple, 3/8c	Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Ketchup Fresh Baby Carrots, 1/4c Orange Wedges, 4 ea. TODS & TWOS Plain WG Brown Rice w/Cauliflower, 1/3 c Carrot Coins, 1/4c, Mandarin Oranges, 3/8 c	Cookout Beef Burger, 1 ea Plain Quinoa, 1/3 c Ketchup Baby Spinach, 1/2 c Banana, 1/2ea	Chicken Sausage Patty, 1 ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea.
TODS & TWOS None	TODS & TWOS Applesauce, 3/8c	TODS & TWOS Carrot Coins, 1/4c, Mandarin Oranges, 3/8 c	TODS & TWOS Sweet Tender Peas, 1/4 c	TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c
VEG: Red Beans & Rice, 3/4c	VEG: Black Bean Chili 1/2 c, & Fritos pkt, 1ea	VEG: Black Beans 1/2 c	VEG: Garbanzo Chickpeas, 1/2 c	VEG: Black Bean Chili 1/2 c
Monday, April 29, 2024	Tuesday, April 30, 2024	Wednesday, May 1, 2024	Thursday, May 2, 2024	Friday, May 3, 2024
Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Brown Sugar Cinnamon Oatmeal, 1/3 c Ketchup Tossed Salad w/Mixed Greens, 1/2c Banana, 1/2 ea.	Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8 c	Cookout Beef Burger, 1 ea Plain Quinoa, 1/3 c Ketchup Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c	Chicken Sausage Patty, 1 ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3 c Ketchup Tossed Salad w/Mixed Greens, 1/2 c Orange Wedges, 4 ea.
TODS & TWOS None	TODS & TWOS Peas, Carrots, Green Beans, 1/4c	TODS & TWOS Plain WG Brown Rice w/Cauliflower, 1/3 c Carrot Coins, 1/4c	TODS & TWOS Applesauce, 3/8c	TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c
VEG: Red Beans & Rice, 3/4c	VEG: Black Bean Chili 1/2 c, & Fritos pkt, 1ea	VEG: Black Beans 1/2 c	VEG: Garbanzo Chickpeas, 1/2 c	VEG: Black Bean Chili 1/2 c

Portions meet CACFP requirements:
 3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit).
 6-12 years - 8oz milk required w/each meal, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit (we serve 1/2c veg, 1/2 c fruit)

TOP 9 ALLERGENS
 (Egg, Dairy, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Sesame)
****WG** = Whole Grain**

To see your Nutrislice Menu go to ffsfood.com, Customers, Menus, scroll to find your schools name OR click link:

<https://ffsfood.com/schools-2/>