

Chesterbrook @ Woodshire Academy LK Lunch Menu

May 2024

Fairfax Food Service

Substitutes Highlighted

Monday, April 29, 2024	Tuesday, April 30, 2024	Wednesday, May 1, 2024	Thursday, May 2, 2024	Friday, May 3, 2024
		<b>Beef Nacho Fiesta, 1/4c</b> Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u> Wheat Dinner Roll, 1ea Carrot Coins, 1/4c  VEG: Vegetarian Nacho Fiesta, 1/4c	<b>Teriyaki Diced Chicken, 1/3 c</b> Plain WG Brown Rice w/Cauliflower, 1/3 c Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Applesauce, 3/8c  VEG: Black Beans, 1/2c & WG Rice, 1/3c	<b>NAE WG Chicken Nuggets, 4ea</b> Ketchup Plain WG Brown Rice w/Cauliflower, 1/3 c Tossed Salad w/Mixed Greens, 1/2c Ranch Orange Wedges, 4ea  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c  VEG: Morningstar Veggie Nuggets, 5ea
<b>Turkey Breast &amp; Cheddar Sub, 1/2ea</b> Boar's Head Roasted Turkey Breast, 1oz Cheddar Cheese, 1sl Fresh Baby Carrots, 1/4c Ranch Mixed Peaches & Pears in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c VEG: Egg Roll, 1ea	<b>Lean Beef Hamburger on Bun, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Steamed Green Beans, 1/4c Applesauce, 3/8c VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz on side	<b>Beef Nacho Fiesta, 1/4c</b> Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea  VEG: Vegetarian Nacho Fiesta, 1/4c	<b>Breakfast for Lunch</b> <b>WG Buttermilk Pancake, 1ea w/</b> Chicken Sausage, 1ea Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4ea <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c  VEG: Morningstar Veggie Sausage, 1ea	<b>Meatless Baked Ziti, 1/2c</b> **WG Pasta, Marinara, 3 Cheese, Soy, 1/2c** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Pears in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u> Peas, Carrots, Green Beans, 1/4c  VEG: Meatless Baked Ziti, 1/2c
<b>Monday, May 6, 2024</b>	<b>Tuesday, May 7, 2024</b>	<b>Wednesday, May 8, 2024</b>	<b>Thursday, May 9, 2024</b>	<b>Friday, May 10, 2024</b>
<b>GF Chicken Tender Strips, 3ea</b> Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c  <u><b>TODS &amp; TWOS</b></u> Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c  VEG: Chicken-less strips, 1/2c	<b>Pizza Pasta Bake, 1/2c</b> **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz 100% Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea  VEG: Vegetarian Pizza Pasta Bake, 1/2c	<b>NAE WG Chicken Nuggets, 3ea</b> Macaroni & Cheese, 1/2c Ketchup Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.  <u><b>TODS &amp; TWOS</b></u> Mandarin Oranges, 3/8 c  VEG: Macaroni & Cheese, 1/2c Morningstar Veggie Nuggets, 3ea	<b>Teriyaki Diced Chicken, 1/3 c</b> Plain WG Brown Rice w/Cauliflower, 1/3 c Caesar Salad, 1/2c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2c & WG Brown Rice w/Cauliflower, 1/3c	<b>Fish Patty on Bun, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c  VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz
<b>Monday, May 13, 2024</b>	<b>Tuesday, May 14, 2024</b>	<b>Wednesday, May 15, 2024</b>	<b>Thursday, May 16, 2024</b>	<b>Friday, May 17, 2024</b>
<b>Monday, May 20, 2024</b>	<b>Tuesday, May 21, 2024</b>	<b>Wednesday, May 22, 2024</b>	<b>Thursday, May 23, 2024</b>	<b>Friday, May 24, 2024</b>
<b>Chicken Slider on Bun, 1ea</b> Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c  VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz	<b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Applesauce, 3/8c  VEG: Veg Black Bean Chili, 1/2c	<b>NAE GF Chicken Tender, 3ea</b> Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4ea  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Refried Beans, 1/2c w/ Shred Cheese, 1/2oz on side	<b>WG Spaghetti w/ Beef &amp; Lentil Marinara, 1/2c</b> Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2sl Baby Spinach, 1/2c Ranch Banana, 1/2ea  <u><b>TODS &amp; TWOS</b></u> Sweet Tender Peas, 1/4c  VEG: WG Spaghetti Marinara, 1/2c w/ Shred Mozzarella, 1/2oz	<b>Boneless Chicken Wing Dings, 3ea</b> Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4ea  <u><b>TODS &amp; TWOS</b></u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8c  VEG: Morningstar Veggie Nuggets, 5ea
<b>Monday, May 27, 2024</b>	<b>Tuesday, May 28, 2024</b>	<b>Wednesday, May 29, 2024</b>	<b>Thursday, May 30, 2024</b>	<b>Friday, May 31, 2024</b>
<p style="text-align: center;"><b>NO SCHOOL</b></p>	<b>NAE WG Chicken Nuggets, 3ea</b> <b>Macaroni &amp; Cheese, 1/2c</b> Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c  <u><b>TODS &amp; TWOS</b></u> Peas, Carrots, Green Beans, 1/4c  VEG: Macaroni & Cheese, 1/2c Morningstar Veggie Nuggets, 3ea	<b>Beef Nacho Fiesta, 1/4c</b> Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u> Wheat Dinner Roll, 1ea Carrot Coins, 1/4c  VEG: Vegetarian Nacho Fiesta, 1/4c	<b>Teriyaki Diced Chicken, 1/3 c</b> Plain WG Brown Rice w/Cauliflower, 1/3 c Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Applesauce, 3/8c  VEG: Black Beans, 1/2c & WG Rice, 1/3c	<b>NAE WG Chicken Nuggets, 4ea</b> Ketchup Plain WG Brown Rice w/Cauliflower, 1/3 c Tossed Salad w/Mixed Greens, 1/2c Ranch Orange Wedges, 4ea  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c  VEG: Morningstar Veggie Nuggets, 5ea
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)				

[Click link to see NEW Nutrislice Menus](#)

<https://chesterbrookacademy.nutrislice.com/>