

Chesterbrook Academy February 2017 Menu

Green text = fresh or frozen produce, wheat, whole-grain, & multi-grain items.

Highlighted boxes = organic items. Red text = vegetarian option.

Week Beginning on January 30, 2017					
A.M. Snack	WHOLE GRAIN ENGLISH MUFFIN, SLICED BANANA, MILK 1%	RICE KRISPIES CEREAL, BANANA, MILK 1%	WHOLE GRAIN PANCAKE, ORANGE SLICES, MILK 1%	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%	CORN FLAKES CEREAL, BANANA, MILK 1%
Lunch	MEATLOAF, MASHED POTATOES, CARROTS, MILK 1%	TURKEY SAUSAGE, EGG PATTY, CHEESE ON WHOLE WHEAT BAGEL, HASH BROWN POTATO STICK, SLICED STRAWBERRIES, MILK 1%	WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, FRESH/FROZEN MELON, MILK 1%	TURKEY FRANK (VO - Veggie Leanie) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	WHOLE WHEAT PASTA, SPAGHETTI SAUCE, MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	GRAHAM CRACKERS WITH APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	GREEK VANILLA YOGURT, MIXED BERRIES	ORGANIC BABY CARROTS, HUMMUS
Week Beginning on February 6, 2017					
A.M. Snack	SCRAMBLED EGG PATTY, CANTELOPE & HONEYDEW, MILK 1%	RICE KRISPIES CEREAL, BLUEBERRIES, MILK 1%	WHOLE GRAIN MINI BAGEL, APPLE BUTTER, MILK 1%	BLUEBERRY MUFFIN, MANDARIN ORANGES, MILK 1%	TASTEEO CEREAL, BANANA, MILK 1%
Lunch	CHEESE RAVIOLETTI, SPAGHETTI SAUCE, BROCCOLI FLORETS, DICED PEACHES, MILK 1%	GRILLED CHEESE ON WHEAT BREAD, STRINGBEANS, SLICED STRAWBERRIES, MILK 1%	CHEESEBURGER (VO - Garden Burger) ON WHOLE WHEAT BUN, BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	TURKEY & CHEESE ON WHOLE WHEAT WRAP, CORN, MIXED BERRIES, MILK 1%	WHOLE GRAIN PANCAKE, TURKEY SAUSAGE, APPLES, MILK 1%
P.M. Snack	NUT FREE TRAIL MIX (CHEX CEREAL, DRIED ORGANIC APPLE CHIPS)	WHOLE GRAIN SPIKERZ RANCH CRACKERS, APPLESAUCE	SLICED CUCUMBERS WITH RANCH DRESSING	FRESH APPLE, SUNBUTTER OR SOYBUTTER	PRETZEL RODS, COLBY JACK CHEESE CUBES
Week Beginning on February 13, 2017					
A.M. Snack	RICE KRISPIES CEREAL, MELON BALLS, MILK 1%	WHOLE GRAIN PANCAKE, SUGAR FREE SYRUP, ORANGE SLICES, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	TASTEEO CEREAL, BANANA, MILK 1%	GREEK VANILLA YOGURT, MANGO CHUNKS, MILK 1%
Lunch	CHEESEBURGER (VO - Garden Burger) ON WHOLE WHEAT BUN, LOW SODIUM TATER TOTS, APPLESAUCE, MILK 1%	RICE & BEANS, TOSSED SALAD W/RANCH DRESSING, SLICED STRAWBERRIES, MILK 1%	FISH STICKS, BROWN RICE, STRINGBEANS, MANGO CHUNKS, MILK 1%	CHICKEN QUESADILLAS (WHOLE WHEAT TORTILLA, DICED CHICKEN, SHREDDED CHEESE), CARROTS, TROPICAL FRUIT, MILK 1%	TUNA SALAD ON WHOLE GRAIN SLIDER ROLL, PEAS, PEACHES, MILK 1%
P.M. Snack	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	GREEK VANILLA YOGURT, MIXED BERRIES	WHOLE GRAIN GOLDFISH CRACKERS, SLICED STRAWBERRIES	ORGANIC WHOLE BABY CARROTS, HUMMUS
Week Beginning on February 20, 2017					
A.M. Snack	HAPPY	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WHOLE GRAIN WAFFLE, SUGAR FREE SYRUP, SLICED STRAWBERRIES, MILK 1%	BLUEBERRY MUFFIN, ORANGE SLICES, MILK 1%	GREEK VANILLA YOGURT, MANGO CHUNKS, MILK 1%
Lunch	PRESIDENT'S	GRILLED CHICKEN BREAST PATTY (VO - Gardein Chicken Strips), SWEET POTATO CHOPPED WEDGES, PEARS, MILK 1%	WHOLE GRAIN PIZZA, FRESH TOSSED SALAD, RANCH DRESSING, BLUEBERRIES, MILK 1%	BBQ PULLED CHICKEN ON WHOLE GRAIN SLIDER, STRINGBEANS, APPLESAUCE, MILK 1%	TURKEY CARNITAS, SPANISH RICE, PEAS, MELON, MILK 1%
P.M. Snack	DAY!	CHEDDAR CHEESE CUBES, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE	MOZZARELLA STRING CHEESE, WHEAT CRACKERS
Week Beginning on February 27, 2017					
A.M. Snack	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	TASTEEO CEREAL, BANANA, MILK 1%	WHOLE GRAIN WAFFLE, SUGAR FREE SYRUP, MIXED BERRIES, MILK 1%
Lunch	TURKEY & CHEESE ON WHOLE WHEAT TORTILLA, CARROTS, APPLESAUCE, MILK 1%	MEATLOAF, MASHED POTATOES, CARROTS, MILK 1%	MULTI-GRAIN FLAT BREAD PIZZA, CARROTS, PEARS, MILK 1%	TURKEY SLOPPY JOE ON A WHOLE WHEAT SLIDER, CORN, BLUEBERRIES, MILK 1%	GRILLED ITALIAN STYLE CHICKEN BREAST, BROCCOLI FLORETS, ORANGE SLICES, MILK 1%
P.M. Snack	GREEK VANILLA YOGURT, BANANA	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	GRAHAM CRACKERS, APPLE BUTTER	PRETZEL RODS, COLBY JACK CHEESE CUBES	FRESH APPLE, SUNBUTTER OR SOYBUTTER