

Chesterbrook Academy -Loudoun Station: July 2024 School Menu

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/1/2024	7/2/2024	7/3/2024	7/4/2024	7/5/2024
AM SNACK:					
Milk	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+)	~ CBA CLOSED ~	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Applesauce	Fresh Strawberries	Diced Pears		Fresh Banana
Grain	WG French Toast Sticks	WG Cereal	English Muffin		WG Apple Cinnamon Loaf
Extra/Protein			Sunbutter		
LUNCH:					
	Grilled Cheese	Chic/Veggie Eggrolls	Cheeseburger		Pizza
Milk	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+)	HAPPY	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit	Fruit Cocktail	Pineapple	Diced Peaches		Mandarin Oranges
Vegetable	Broccoli	Corn	Tater Tots		Stringbeans
Grain		WG Chicken Eggroll	WG Hamburger Roll		WG Pizza
Meat/Meat Alt	Grilled Cheese		Cheeseburger		
Vegetarian Option		Veggie Nuggets	Bean Burger Patty		
PM SNACK:					
	Strawberry & Cream	"Lunchable" Stackable		INDEPENDENCE	Apple Dips
Milk/Water					
Fruit			Tropical Mixed Fruit		Apple Slices
Vegetable					
Grain	WG Straw Waffle Graham	WG Flatbread Squares	Cheezit Crackers		Graham Cracker
Meat/Meat Alternate	Vanilla Yogurt	Amer Cheese Slice			Sunbutter
Extra				DAY!	
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
AM SNACK:					
Milk	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	Fresh Blueberries	Fresh St	Banana	Baked Cinnamon Apples	Mango
Grain	Apple Cinnamon Cereal Bar	WG Pancake	WG Rice Crisp Cereal	Biscuit	Vanilla Yogurt
Extra/Protein				Egg Patty	Granola
LUNCH:					
	Tostada's	SB & J	Cheesy Mac	Stir Fry	Pasta W/Meat Sauce
Milk	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	Diced Pears	Pineapple Tidbits	Diced Peaches	Fresh Blueberries	Fruit Cocktail
Vegetable	Corn	Diced Carrots	Sweet Peas	Broccoli	Mixed veggies
Grain	WG Tostada	WG Bread	WG Elbow Macaroni	Rice	WG Pasta
Meat/Meat Alt	Turkey Taco Entrée w/ Shredded Chee	Sunbutter & Jelly		Diced Chicken w/ Teriyaki Sauce	Beef Crumble w/ Marinara Sauce
Vegetarian Option	Cheese Quesadilla		Cheese Sauce	Broccoli Cauliflower Bites	Pasta W/Sauce
PM SNACK:					
		Cuke Sandwich	"Chocolate" Covered Strawberries	Cuke Sandwich	Banana Sushi Roll
Milk/Water					
Fruit	Mandarin Oranges	Mixed Fruit	Fresh Strawberries		Banana
Vegetable				Cucumber Slices	
Grain	Shortbread Bites	Soft Pretzel Rod		Flatbread	WG Tortilla
Meat/Meat Alternate			Chocolate Hummus Cup		Sunbutter
Extra		Cheese Sauce		Ranch	

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
AM SNACK:					
Milk	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	Mandarin Oranges	Pineapple Tidbits	Fresh Strawberries	Fresh Blueberries	
Grain	WG Spooner Cereal	WG Muffin	WG Mini Bagel	French Toast Sticks	CHEF'S
Extra/Protein			Cream Cheese	Syrup	
LUNCH:					
	Turkey Wrap	Fish Nuggets	Chicken Dippers	Riblets	
Milk	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+)	CHOICE
Fruit	Diced Pears	Fruit Cocktail	Mandarin Oranges	Diced Peaches	
Vegetable	String Beans	Lettuce Mix w/ Ranch	Mixed Veggies	Mashed Potatoes	
Grain	WG Tortilla				
Meat/Meat Alt	Turkey Slices/Amer Cheese/Ranch	Fish Nuggets	Chicken Nuggets w/ Ketchup	BBQ Riblet Patty	
Vegetarian Option	Cheese Wrap	Broccoli Cauliflower Bites	Veggie Nuggets		
PM SNACK:					
				Banana "Split"	
Milk/Water					DAY!!
Fruit	Applesauce		Honeydew Melon	Banana	
Vegetable					
Grain	Animal Crackers	Townhouse Crackers	Champ Crackers	Granola	
Meat/Meat Alternate		String Cheese		Vanilla Yogurt	
Extra					
WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024
AM SNACK:					
Milk	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	Baked Cinnamon Apples		Banana	Fresh Blueberries	Mixed Berries
Grain	WG Cereal Bar	WG Biscuit	WG Waffle	WG Cereal	WG Pancake
Extra/Protein		Turkey Sausage/Vegetarian Sausage			
LUNCH:					
	Breakfast for Lunch	Manwich Sloppy Joe	Drummies	Crunchers	Fish Fry-day
Milk	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	Diced Peaches	Fruit Cocktail	Diced Pears	Tropical Mixed Fruit	Applesauce
Vegetable	Hashbrown Potato Patty	Sweet Peas	Mixed Veggies	Stringbeans	Diced Carrots
Grain		WG Hamburger Roll			
Meat/Meat Alt	Scrambled Egg Round	Beef Crumbles w/ Manwich Sauce	Chicken Drumsticks w/ Signature Sauce	Pizza Crunchers	WG Fish Shapes
Vegetarian Option		Bean Burger Patty	Veggie Nuggets		Broccoli Cauliflower Bites
PM SNACK:					
			Zoo Dippers		
Milk/Water				Vanilla Pudding	
Fruit	Fresh Strawberries	Cantaloupe		Banana	
Vegetable					Fresh Veggie of Choice
Grain	Goldfish	Chex Mix	Animal Crackers	Vanilla Wafers	Graham Cracker
Meat/Meat Alternate			Strawberry Yogurt		Ranch
Extra					

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.



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WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
Dates:	7/29/2024	7/30/2024	7/31/2024	8/1/2024	8/2/2024
AM SNACK:					
Milk	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 Tidbetts	Fresh Blueberries	Banana	Mandarin Oranges	Applesauce
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Muffin	WG Cheese Toast
Extra/Protein			Sunbutter		
LUNCH:					
	Grilled Cheese	Chic Eggrolls	Cheeseburger	Tuna Melt Slider	Crunchers
Milk	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	Fruit Cocktail	Diced Pears	Diced Peaches	Banana	Mango
Vegetable	Broccoli	Corn	Tater Tots	Mixed Veggies	Diced Carrots
Grain			WG Hamburger Roll	WG Slider	
Meat/Meat Alt	Grilled Cheese	WG Chicken Eggroll	Cheeseburger	Tuna Fish w/ Mayo & Cheese	Pizza Cruncher
Vegetarian Option		Broccoli Cauliflower Bites	Bean Burqer Patty	Sunbutter & Jelly Sandwich	
PM SNACK:					
	Strawberry & Cream	"Lunchable" Stackable			
Milk/Water					
Fruit			Tropical Mixed Fruit	Fruit Cocktail	
Vegetable					Cucumber Slices
Grain	WG Straw Waffle Graham	WG Flatbread Squares	Cheezit Crackers	Savory Wheat Bites	WG Flatbread Squares
Meat/Meat Alternate	Vanilla Yogurt	Amer Cheese Slice			Ranch

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
 2. The fruit component at lunch may be substituted by an additional vegetable.
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