

## Chesterbrook Academy's November 2024 School Menu

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/4/2024	11/5/2024	11/6/2024	11/7/2024	11/8/2024
<b>AM SNACK:</b>					
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 (Optional)	Mixed Berries	Sliced Strawberries	Canned Apples	Blueberries	Mandarin Oranges
Grain	WG Pancake Bites	WG Jelly Toast	Cinnamon Oatmeal	WG French Toast Stix	WG Toasted Graham Cereal
Extra/Protein	Maple Syrup			Maple Syrup	
<b>LUNCH:</b>					
	<b>BRUNCH SAMMY</b>	<b>PIEROGIES</b>	<b>CHEESEBURGER</b>	<b>CHEESE PIZZA</b>	<b>CHICKEN POT PIE</b>
Fruit	Diced Pears	Diced Peaches	Diced Pineapple	Fruit Mix	Tropical Mixed Fruit
Vegetable	Diced Carrots	Broccoli Bites	Tater Tots	Green Beans	Mixed Veggies
Grain	WG English Muffin		WG Bun	WG Crust	WG Biscuit
Meat/Protein	Egg Patty	Pierogies	Beef Patty w/ Cheese	Cheese Pizza	Diced Chicken w/ Gravy
Vegetarian Option	Sunbutter & Jelly English Muffin		Bean Burger Patty		Diced Veggie Chicken
<b>PM SNACK:</b>					
Fruit		Diced Pears	Apple Slices		
Vegetable				Baby Carrots	
Grain	Wheat Thins	WG Goldfish		Saltine Crackers	Churro Crackers
Protein	String Cheese		Cheese Cubes		Vanilla Yogurt
Extra				Ranch	

WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/11/2024	11/12/2024	11/13/2024	11/14/2024	11/15/2024
<b>AM SNACK:</b>					
Milk	<b>CBA CLOSED</b>	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 (Optional)		Pineapple Tidbits	Tropical Mixed Fruit	Frozen Blueberries	1/2 Banana
Grain		Corn Flakes Cereal	WG Cereal Bar	Vanilla Yogurt	WG Crispy Rice Cereal
Extra/Protein				Granola Bits	
<b>LUNCH:</b>					
	<b>HAPPY</b>	<b>TEX MEX</b>	<b>ORANGE CHICKEN</b>	<b>PHILLY CHEESESTEAK</b>	<b>SOUP &amp; SANDWICH</b>
Fruit		Applesauce	Diced Pears	Mandarin Oranges	Fruit Cocktail
Vegetable		Corn	Green Beans	Tater Tots	Tomato Soup
Grain		Cheddar Grits	Brown Rice	WG Roll	
Meat/Protein		Chicken w/ BBQ Sauce	Chicken in Orange Sauce	Beef Steak w/ Cheese	Grilled Cheese Sandwich
Vegetarian Option		Veggie Nuggets in Sauce	Califlour Bites in Sauce	Bean Burger Patty w/ Cheese	
<b>PM SNACK:</b>					
Fruit	<b>VETERANS DAY!</b>			Diced Mango	Fresh Strawberries
Vegetable		Cucumber Slices w/ Ranch	Sliced Apples		
Grain		Townhouse Crackers	Apple Grahams	Soft Baked Pretzel Rods	WG Graham Crackers
Protein				Cheddar Cheese Dip	Cream Cheese Spread

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/18/2024	11/19/2024	11/20/2024	11/21/2024	11/22/2024
<b>AM SNACK:</b>					
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 (Optional)	Diced Peaches	Applesauce	Mixed Berries	Sliced Strawberries	Fresh Banana
Grain	WG Cereal	WG Muffin	WG Waffle	WG Corn Flakes Cereal	WG Blueberry Loaf
Extra/Protein			Maple Syrup		
<b>LUNCH:</b>					
	<b>MAC N CHEESE</b>	<b>FIESTA RICE BOWL</b>	<b>CHICKEN FRIES</b>	<b>TURKEY HAM</b>	<b>FISH FILET</b>
Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Pears	Fruit Cocktail	Tropical Mixed Fruit
Vegetable	Sweet Peas	Corn	Diced Carrots	Mashed Potatoes	Steamed Broccoli
Grain		Brown Rice			
Meat/Protein	Mac n Cheese	Seasoned Beef Crumbles, Cheese	Chicken Fries w/ Honey Mustard	Diced Turkey Ham	Fish Filet Rectangle
Vegetarian Option		Vegan Beef Crumbles	Veggie Nuggets	Vegan Sausage Patty	Sunbutter & Jelly Sandwich

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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PM SNACK:					
Fruit	Mandarin Oranges	Apple Slices	Fresh Banana	Diced Mango	
Vegetable					Cucumber & Carrots w/ Ranch
Grain	WG Pizza Crackers	WG Tortilla Shell	WG Shorbread Bites	All Sport Bites	
Protein		Voy Hazelnut Free Spread			Mozzarella String Cheese
Extra					Pumpkin Pie

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	11/25/2024	11/26/2024	11/27/2024	11/28/2024	11/29/2024

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	CBA CLOSED
Fruit (Optional)	Fruit of choice		1/2 Banana		
Grain	WG Cereal	WG Mini Bagel	WG Biscuit		
Extra/Protein		Cream Cheese	Turkey Sausage or Veggie Patty		

LUNCH:					
	CRUNCHERS	TACO TUESDAY	MEATLOAF	HAPPY	HAPPY
Fruit	Applesauce	Diced Pears	Diced Peaches		
Vegetable	Mixed Veggies	Sweet peas	Mashed Potatoes		
Grain		WG Tortilla			
Meat/Protein	Pizza Crunchers	Ground Turkey w/ Cheese	Meatloaf		
Vegetarian Option		Bean & Cheese Quesadilla	Bean Burger Patty		

PM SNACK:					
Fruit			Applesauce	THANKSGIVING!	THANKSGIVING!
Vegetable					
Grain	WG Alphabet Crackers	Animal Crackers	Churro Crackers		
Protein	Diced Peaches	Strawberry Yogurt			
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.