

CHESTERBROOK MENU : OCTOBER 2024

WEEK OF OCTOBER 21st.					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
AM SNACK:					
Milk/Dairy	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	Peaches	Sliced Apples	Blueberries	WG Apple Cinnamon	Pears
Grain/Meat	WG Toast w/jelly	WG Waffles w/sf Syrup	WG Cereal	Mixed Fruit	Mixed Breakfast
Extra					
LUNCH:					
Milk/Dairy	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	Mandarin Oranges	Mango	Mixed Fruit	Strawberries	Fresh Sliced Oranges
Vegetable	Corn	Fresh Zucchini	Tomato Soup	Sweet Potato Tots	Cauliflower
Grain	WG Rice and Bean Burrito	Burger on WG Bun	Grilled Cheese on WG Bread	WG Tortilla	WG Pizza Crunchers
Meat/Protein	Bean	Turkey/Veggie burger	Cheese	Diced Chicken/Cheese	Cheese
Extra		(Veg.Option available)		(Veg.Option available)	
PM SNACK:					
Milk/Dairy		Yogurt		Cheese	
Fruit	Apple Sauce		Fresh Apple Slices		
Vegetable					
Grain	WG Graham Crackers	WG Granola		WG Waffle Graham	Mixed Snack
Meat/Protein			Sun Butter		
Extra	Water	Water	Water	Water	Water

WEEK OF OCTOBER 28th.					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/28/2024	10/29/2024	10/30/2024	10/31/2023	11/1/2023
AM SNACK:					
Milk/Dairy	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	Mixed Fruit	Blueberries	Mango	Banana	Pears
Grain/Meat	WG Cereal	Mixed Breakfast		WG Waffles w/sf syrup	Mixed Breakfast
Extra			Yogurt		
LUNCH:					
Milk/Dairy	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	Mixed Fruit	Strawberries	Sliced Apples	Fresh Orange Slices	Mixed Fruit
Vegetable	Carrots	Fresh Tossed Lettuce	Peas	Cauliflower	Mixed Veggies
Grain	Cheese Quesadilla on WG Tortilla	Chicken Taco on WG Tortilla	WG Baked Ziti Pasta	WG Bun	Mixed Lunch
Meat/Protein	Cheese	Chicken/Beans	Cheese	Chicken patty/Cheese	
Extra		Cheese (Veg.Option available)		(Veg.Option available)	(Veg.Option available)
PM SNACK:					
Milk/Dairy			Cheese		Cheese
Fruit	Apple Butter	Fresh Apple Slices		Mixed Fruit	
Vegetable					
Grain	WG Rice Cakes		Blueberry Lemon Crisps	WG Goldfish	Nut Free Trail Mix
Meat/Protein		Sun Butter			
Extra	Water	Water		Water	Water

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.