

Chesterbrook Academy DECEMBER 2024

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/2/2024	12/3/2024	12/4/2024	12/5/2024	12/6/2024
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 (Optional)	Mixed Berries	Sliced Strawberries	Blueberries	Applesauce	Clementine
Grain	WG Pancake Bites	WG Toasted Oat Cereal	Oatmeal	WG French Toast Stix	WG Cinnamon Cereal
Extra/Protein					
LUNCH:					
	BRUNCH SAMMY	PIEROGIES	CHEESEBURGER	PIZZA	CHICKEN POT PIE
Fruit	Diced Pears	Diced Peaches	Diced Pineapple	Fruit Mix	Mandarin Oranges
Vegetable	Diced Carrots	Broccoli Bites	Tater Tots	Green Beans	Mixed Veggies
Grain	WG English Muffin		WG Bun	WG Crust	WG Biscuit
Meat/Meat Alt	Turkey sausage	Pierogies	Beef Patty	Pizza	Diced Chicken
Extra	Cheese Slice		Cheese Slice		Gravy
PM SNACK:					
Fruit		Diced Pears	Apple Slices		
Vegetable				Baby Carrots	
Grain	Wheat Thins	WG Goldfish			Churro Crackers
Protein	String Cheese		Cheese Cubes		Vanilla Yogurt
Extra				Ranch	
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/9/2024	12/10/2024	12/11/2024	12/12/2024	12/13/2024
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 (Optional)	Mango			Frozen Blueberries	1/2 Banana
Grain	Vanilla Yogurt	WG Spooner Cereal	WG Oatmeal Cereal Bar	Oatmeal	WG Crispy Rice Cereal
Extra/Protein					
LUNCH:					
	VEGGIE BURGER	TEX MEX	ORANGE CHICKEN	PHILLY CHEESESTEAK	SOUP & SANDWICH
Fruit	Diced Peaches	Applesauce	Diced Pears	Mandarin Oranges	Fruit Mix
Vegetable	Green Beans	Corn	Green Beans	Tater Tots	Tomato Soup
Grain	WG Bun	Cheddar Grits	Brown Rice	WG Roll	
Meat/Meat Alt	Veggie Burger	Diced Chicken	Diced Chicken	Beef Steak	Grilled Cheese Sandwich
Extra		BBQ sauce	Orange Sauce	Cheese	
PM SNACK:					
Fruit	Clementine			Diced Mango	Applesauce
Vegetable		Cucumber Slices/Ranch			
Grain	Sunrise Bites	WG Crackers	Apple Cinn Graham Bears		Cinnam WG Graham Crackers
Protein				Vanilla Yogurt	
WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/16/2024	12/17/2024	12/18/2024	12/19/2024	12/20/2024
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 (Optional)	1/2 Banana	Clementine	Mixed Berries	Sliced Strawberries	Applesauce
Grain	WG Cereal	WG Muffin	WG Waffle	WG Corn Flakes Cereal	WG Blueberry Loaf
Extra/Protein					
LUNCH:					
	MAC N CHEESE	FIESTA RICE BOWL	CHICKEN FRIES	TURKEY HAM	FISH FILET
Fruit	Mandarin Oranges	Pineapple Tidbits	Diced Pears	Fruit Mix	Fruit Mix
Vegetable	Sweet Peas	Corn	Diced Carrots	Mashed Potatoes	Corn
Grain		Brown Rice			
Meat/Meat Alt	Mac n Cheese	Turkey Taco Entrée	Chicken Fries	Diced Turkey Ham	Fish Filet Rectangle
Extra		Cheese			

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		Orange Slices	Apple Slices	Diced Mango	1/2 Banana
Vegetable					
Grain	WG Pizza Crackers	Champ Bite Crackers		All Sport Bites	Education Crackers
Protein	String Cheese		Voy Hazelnut Free Spread		
Extra					

WEEK 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/23/2024	12/24/2024	12/25/2024	12/26/2024	12/27/2024

AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CLOSED	CLOSED	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF'S
Fruit (Optional)	Fruit of choice			1/2 Banana	
Grain	WG Cereal			WG Crispy Rice Cereal	
Extra/Protein					

LUNCH:					
	CRUNCHERS		HAPPY	MEATLOAF	CHOICE
Fruit	Applesauce		HAPPY	Diced Peaches	
Vegetable	Mixed Veggies			Mashed Potatoes	
Grain					
Meat/Meat Alt	Pizza Crunchers			Meatloaf	
Extra					

PM SNACK:					
Fruit		HOLIDAYS!	HOLIDAYS!	Applesauce	DAY!
Vegetable					
Grain	WG Alphabet Crackers			Animal Crackers	
Protein	Banana Cinn Chickpea Butter				
Extra					

WEEK 5

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/30/2024	12/31/2024			

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+)			
Fruit (Optional)	Mixed Berries	Sliced Strawberries			
Grain	WG Pancake Bites	WG Toasted Oat Cereal			
Extra/Protein					

LUNCH:					
	BRUNCH SAMMY	PIEROGIES			
Fruit	Diced Pears	Diced Peaches			
Vegetable	Diced Carrots	Broccoli Bites			
Grain	WG English Muffin				
Meat/Meat Alt	Turkey Sausage	Pierogies			
Extra	Cheese Slice				

PM SNACK:					
Fruit		Diced Pears			
Vegetable					
Grain	Wheat Thins	WG Goldfish			
Protein	String Cheese				
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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