


# CHESTERBROOK MENU : 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
<b>AM SNACK:</b>					
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	Canned Apples	Fresh Fruit	Mango	Applesauce	Pears
Grain/Meat	WG Cereal	Mixed Breakfast		WG French Toast w/sf syrup	WG Toast w/jelly
Extra			Yogurt		
<b>LUNCH:</b>					
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	Fresh sliced Apples	Peaches	Fresh Orange Slices
Vegetable	Peas	Shredded Lettuce	Carrots	String Beans	Mixed Vegetables
Grain	WG Baked Ziti		Cheese Quesadilla on WG Tortilla	WG Bun	WG Rice & Bean Burrito
Meat/Protein	Cheese	Chicken Taco/ Beans	Cheese	Chicken Patty/Cheese	Beans
Extra	Marinara sauce	Cheese		(Veg.Option available)	
<b>PM SNACK:</b>					
Milk/Dairy		Cheese		Cheese sticks	
Fruit	Apple Butter		Mixed Fruit		
Vegetable					
Grain	WG Rice Cakes	Mixed Snack	Blueberry Lemon Crisps	WG Goldfish	Nut Free Trail Mix
Meat/Protein					
Extra	Water	Water	Water	Water	Water

WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/9/2024	12/10/2024	12/11/2024	12/12/2023	12/13/2023
<b>AM SNACK:</b>					
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	Pears	Banana	Sliced Apples	Mango	Mixed Fruit
Grain/Meat	WG Cereal	WG English Muffin w/jelly	WG Blueberry muffin	WG Cereal	Mixed Breakfast
Extra					
<b>LUNCH:</b>					
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	Mixed Berries	Mandarin Oranges	Blueberries	Fresh Orange Slices
Vegetable	Tomato Soup	Fresh Tossed Salad w/ranch	Fresh Zucchini	Broccoli	Tater Tots
Grain	WG Grilled cheese sandwich	WG Rice		WG Macaroni N Cheese	WG Bun
Meat/Protein	Cheese	Fish Sticks/V.O.	Grilled Nuggets/V.O	Cheese	BBQ Chicken/V.O
Extra		(Veg. option available)	(Veg. option available)		(Veg. option available)
<b>PM SNACK:</b>					
Milk/Dairy		Cheese			
Fruit	Applesauce		Mixed Fruit		
Vegetable				Holidays	
Grain	WG Graham Crackers	WG Sports Crackers	WG Goldfish	Around	Mixed Snack
Meat/Protein				The	
Extra		Water		World	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.

