


CHESTERBROOK MENU :JANUARY 2025

Week of JANUARY 13th					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/13/2025	1/14/2025	1/15/2025	1/16/2025	1/17/2025
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	Pears	Mango	Applesauce	Banana	Mixed Fruit
Grain/Meat	WG Cereal	WG English Muffin w/Jelly	WG Blueberry Muffin	WG Cereal	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	Mixed Fruit	Mixed Berries	Mandarin Oranges	Blueberries	Fresh Sliced Oranges
Vegetable	Carrots	Sweet Potato Fries	Fresh Zucchini	Broccoli	Tater Tots
Grain	Cheese Quesadilla on WG Tortilla	WG Tortilla		WG Macaroni N Cheese	WG Bun
Meat/Protein	Cheese	Diced Chicken/ V.O.	Grilled Nuggets/V.O.	Cheese	BBQ Chicken(V.O.)
Extra		Fresh Tossed Salad W/Ranch	(Veg. option available)		(Veg. option available)
PM SNACK:					
Milk/Dairy				Yogurt	Cheese
Fruit	Mixed Fruit	Fresh Apple Slices	Mixed Fruit		
Vegetable					
Grain	WG Lemon Blueberry Bites		WG Goldfish	WG Granola	Mixed Snack
Meat/Protein		Sunbutter			
Extra	Water	Water	Water	Water	Water

WEEK of JANUARY 20th					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/20/2025	1/21/2025	1/22/2025	1/23/2025	1/24/2025
AM SNACK:					
Milk/Dairy	CBA CLOSED	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	Martin Luther King Jr. Day	Peaches	Pineapple	Strawberries	Pears
Grain/Meat		WG Cereal	WG Apple Cinnamon Loaf	WG French Toast Sticks W/Sugar Free Syrup	WG cereals
Extra					
LUNCH:					
Milk/Dairy	CBA CLOSED	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	Fresh Sliced Apples	Mixed Berries	Fresh Sliced Oranges
Vegetable		Peas	Fresh Zucchini	Cauliflower	
Grain		Baked Ziti (WG Noodles,Sauce and Cheese)	WG Pizza Sticks W/Sauce	WG Bread	Cheese Quesadilla on WG Tortilla
Meat/Protein		Cheese	Cheese	Mixed Chicken/V.O.	Baked Beans
Extra				(Veg. Option available)	
PM SNACK:					
Milk/Dairy			Yogurt		
Fruit		Mixed Fruit		Mixed Fruit	
Vegetable	CBA CLOSED				
Grain	Martin Luther King Jr. Day	Mixed Snack	WG Granola	WG Sports Crackers	Nut Free trail Mix
Meat/Protein					
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.

