CHESTERBROOK MENU: JANUARY 2025

| | | Week of JA | NURARY 13th | | |
|---|--|---|--|----------------------------|---|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates | 1/13/2025 | 1/14/2025 | 1/15/2025 | 1/16/2025 | |
| AM SNACK: | | , | 1 = = = = = = = = = = = = = = = = = = = | 1/10/2025 | 1/17/2025 |
| Milk/Dairy | Whole Milk (age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or |
| | Low/Fat Free Milk (age 2+) | Low/Fat Free Milk (age 2+) | Low/Fat Free Milk (age 2+) | Low/Fat Free Milk (age 2+) | 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 _UNCH: | L | | | | |
| LUNCH: | Whole Milk (age 1) or | I sat t sent t | | | |
| Milk/Dairy | Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or |
| Fruit | Mixed Fruit | Mixed Berries | Low/Fat Free Milk (age 2+) Mandarin Oranges | Low/Fat Free Milk (age 2+) | Low/Fat Free Milk (age 2+) |
| Vegetable | Carrots | Sweet Potato Fries | Fresh Zucchini | Blueberries Broccoli | Fresh Sliced Oranges |
| Grain | Cheese Quesadilla on WG Tortilla | 1 | Tresii Zoceilili | | Tater Tots |
| | 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 | . vgort | Cileese |
| Vegetable | | | | | |
| Grain | WG Lemon Blueberry Bites | | WG Goldfish | WG Granola | Mixed Snack |
| Meat/Protein | 144 | Sunbutter | | | |
| Extra | Water | Water | Water | Water | Water |
| | | | | | |
| | | WEEK of J | ANUARY 20th | | |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 1/20/2025 | 1/21/2025 | 1/22/2025 | 1/23/2025 | 1/24/2025 |
| M SNACK: | | | | | , |
| Milk/Dairy | CBA CLOSED | Whole Milk(age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or |
| Eruit/Agastable | | Low/Fat Free Milk(age 2+) | Low/Fat Free Milk (age 2+) | Low/Fat Free Milk (age 2+) | 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 | WG cereals |
| Extra | | | | W/Sugar Free Syrup | |
| UNCH: | | | | | |
| Milk/Dairy | CDA CLOSED | Whole Milk(age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or | Whole Milk (age 1) or |
| Milk/Dairy | CBA CLOSED | Low/Fat Free Milk(age 2) | Low/Fat Free Milk (age 2+) | Low/Fat Free Milk (age 2+) | Low/Fat Free Milk (age 2+) |
| Fruit | | Mixed Fruit | Fresh Sliced Apples | Mixed Berries | Fresh Sliced Oranges |
| Vegetable | WALL DUST | Peas | Fresh Zucchini | Cauliflower | |
| Grain | =DAY= | 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 |
| | | | | (Veg. Option available) | Daved Deglis |
| Extra | | | | | |
| Extra | | | | (agreement available) | |
| Extra M SNACK: | | | | (eg. option oralisote) | |
| Extra // SNACK: Milk/Dairy | | | Yogurt | (10g. option oralisate) | |
| Extra M SNACK: | | Mixed Fruit | Yogurt | Mixed Fruit | |
| Extra M SNACK: Milk/Dairy Fruit Vegetable | CBA CLOSED | Mixed Fruit | Yogurt | | |
| Extra M SNACK: Milk/Dairy Fruit Vegetable Grain | CBA CLOSED Martin Luther King Jr. Day | Mixed Fruit Mixed Snack | Yogurt WG Granola | | Nut Free trail Mix |
| Extra M SNACK: Milk/Dairy Fruit Vegetable | | | | Mixed Fruit | Nut Free trail Mix |



^{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.