


# CHESTERBROOK MENU : DECEMBER/JANUARY 2024-2025

DECEMBER 30th week					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/30/2024	12/31/2024	1/1/2025	1/2/2025	1/3/2025
<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+)	<b>CBA</b>	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	Mixed Fruit	<b>Closed</b>	Blueberries	Pears
Grain/Meat	WG Cereal	WG Assorted Muffins	<b>New Year's Day</b>	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+)	<b>CBA</b>	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	Mixed Fruit	<b>Closed</b>	Mixed Fruits	Strawberries
Vegetable	Corn	Mixed Vegetable		Califlower	Pears
Grain	WG Rice and Bean Burrito	Mixed Lunch		WG Bread	WG Pizza Crunches
Meat/Protein	Bean			Mixed Chicken	
Extra				(Veg.Option available)	Sauce
<b>PM SNACK:</b>					
Milk/Dairy		Snack To Go	<b>CBA</b>		
Fruit	Apple Sauce				Mixed Fruits
Vegetable					
Grain	WG Graham Crackers		<b>Closed</b>	WG Waffle Grahams	Mixed Snack
Meat/Protein				Cheese	
Extra	Water			Water	Water

JANUARY 6th week					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/6/2025	1/7/2025	1/8/2025	1/9/2025	1/10/2025
<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	Mixed Fruit	Blueberries	Mangoes	Banana	Pears
Grain/Meat	WG Cereal	Mixed Breakfast	Yogurt	WGFrench Toat w/Sugar Free Syrup	
Extra					WG Cereal
<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	Fresh Orange Slices	Mixed Fruit
Vegetable	Carrots	Lettuce	Peas	Cauliflower	Tomato Soup
Grain	WG Cheese Quesadilla	Chicken Tacos	WG Bakes Ziti	WG Bun	WG Grilled Cheese Sandwiches
Meat/Protein	Cheese	Cheese & Beans	Cheese	WG Chicken Patty	
Extra		(Veg.Option available)	Pasta Sauce	(Veg. option available)	
<b>PM SNACK:</b>					
Milk/Dairy	Apple Butter		Cheese		
Fruit		Mixed Fruit		Mixed Fruit	
Vegetable					
Grain	WG Rice Cakes	WG Sports Crackers	Blueberry Lemon Crisps	WGGoldfish	Nut Free trail Mix
Meat/Protein					
Extra	Water	Water	Water	Wtaer	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.