

## Chesterbrook Academy January 2022 Menu

Green text = fresh or frozen produce, wheat, whole-grain, & multi-grain items.

Red text = vegetarian option.

Week Beginning on January 3, 2022

A.M. Snack	RICE KRISPIES CEREAL, MILK 1%	YOGURT, DICED MANGO, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	WG BLUEBERRY WAFFLE, MILK 1%	WG FRENCH TOAST STICKS, MILK 1%
Lunch	GRILLED CHEESE ON WHEAT, STRINGBEANS, DICED PEACHES, MILK 1%	RICE & BEAN BOWL, CORN, MANDARIN ORANGES, MILK 1%	WG PIZZA, MIXED VEGGIES, DICED PEARS, MILK 1%	WHOLE GRAIN CHICKEN PATTY, BROCCOLI FLORETS, APPLESAUCE, MILK 1%	TURKEY BURGER SANDWICH, CORN, DICED PEACHES, MILK 1%
P.M. Snack	WG VEGGIE & BEAN CRACKERS	WG GRANOLA BITES	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS

Week Beginning on January 10, 2022

A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WG MAPLE WAFFLE, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%
Lunch	PASTA, TOMATO SAUCE, MIXED VEG, SLICED STRAWBERRIES, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	TURKEY TACO, LETTUCE, CHEESE, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	WG CHICKEN FRIES, STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	PRETZELS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE

Week Beginning on January 17, 2022

A.M. Snack	WHOLE GRAIN PANCAKE, MIXED BERRIES, MILK 1%	RICE KRISPIES CEREAL, BERRIES, MILK 1%	MINI WG BAGEL, STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK 1%	WG BANANA MUFFIN, MILK 1%
Lunch	TURKEY HAM & CHEESE ON WG HAWAIIAN SLIDER, CORN, MANDARIN ORANGES, MILK 1%	WG CHICKEN NUGGETS (VO - veggie nuggets), BROCCOLI FLORETS, ORANGE SLICES, MILK 1%	WG PASTA, STRINGBEANS, APPLESAUCE, MILK 1%	ZESTY ORANGE DICED CHICKEN, BROWN RICE, PEACHES, MILK 1%	CHEESE QUESADILLA ON WHOLE WHEAT TORTILLA, CARROTS, DICED PEARS, MILK 1%
P.M. Snack	ANIMAL CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS	WG PIZZA CRACKERS

Week Beginning on January 24, 2022

A.M. Snack	WG OATMEAL BAR	TASTEEO CEREAL, BANANA, MILK 1%	WG MINI BAGEL, APPLE BUTTER, MILK 1%	WG FRENCH TOAST STICKS, BLUEBERRIES, MILK 1%	CHEF'S
Lunch	BBQ CHICKEN HAWAIIAN SLIDER, BROWN RICE, PINEAPPLE, MILK 1%	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA (VO - Garden Burger), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	SCRAMBLED EGG PATTY, MANDARIN ORANGES, DICED POTATOES, MILK 1%	CHOICE
P.M. Snack	WG EDUCATION CRACKERS	CHEEZIT CRACKERS	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	CRACKERS, COLBY JACK CHEESE STICK	DAY

Week Beginning on January 31, 2022

A.M. Snack	WG BISCUIT, JELLY, MILK 1%	WG CORN MUFFIN, MILK 1%	CORN FLAKES CEREAL, MILK 1%	APPLE CINNAMON MUFFIN, MILK 1%	RICE KRISPIES CEREAL, BANANA, MILK 1%
Lunch	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED MANGO, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD, WG SLIDER, TATER TOTS, APPLESAUCE, MILK 1%	MAC N CHEESE, STRINGBEANS, PEARS, MILK 1%	DICED TURKEY HAM, MASHED POTATOES, DICED PEACHES, MILK 1%	WG EGG SCRAMBLER, HASH BROWN, FRUIT COCKTAIL, MILK 1%
P.M. Snack	WG PIZZA CRACKERS	VANILLA YOGURT, MIXED BERRIES	WG GOLDFISH CRACKERS	PRETZELS	WG EDUCATIONAL CRACKERS

\*\*\* MENU SUBJECT TO CHANGE \*\*\*

(updated: 12/23/2021)