

Chesterbrook Academy October 2022 Menu

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

Red text = vegetarian option.

Week Beginning on October 3, 2022					
A.M. Snack	CHEF'S CHOICE	HONEY CHEERIOS CEREAL, MILK 1%	WHOLE GRAIN ENGLISH MUFFIN, APPLE BUTTER, BLUEBERRIES, MILK 1%	WG WAFFLE, MILK 1%	WG FRENCH TOAST STICKS, MILK 1%
Lunch	RICE AND BEANS, PINEAPPLES, MILK 1%	GRILLED CHEESE ON WHEAT, STRINGBEANS, DICED PEACHES, MILK 1%	WG PIZZA, MIXED VEGGIES, DICED PEARS, MILK 1%	WHOLE GRAIN CHICKEN PATTY (VO-VEGGIE NUGGETS), BROCCOLI FLORETS, APPLESAUCE, MILK 1%	WG BEEF NUGGETS (VO-FALAFA), CORN, MANDARIN ORANGES, MILK 1%
P.M. Snack	CHEF'S CHOICE	WG SUNRISE MAPLE BITES	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS
Week Beginning on October 10, 2022					
A.M. Snack	RICE KRISPIES CEREAL, MILK 1%	WG CEREAL, MIXED BERRIES, MILK 1%	WG WAFFLE, MILK 1%	SCRAMBLED EGG PATTY, MILK 1%	WG CROISSANT, APPLE BUTTER, MILK 1%
Lunch	WG EGG SCRAMBLER, STRING BEANS, FRUIT COCKTAIL, MILK 1%	GRILLED CHICKEN NUGGETS (VO - Gardein Chicken Strips), PEARS, CORN, MILK 1%	TURKEY or BEEF MEATLOAF, MASHED POTATOES, PEARS, MILK 1%	JUMBO CHEESE RAVIOLI, SPAGHETTI SAUCE, SWEET PEAS, DICED PEACHES, MILK 1%	WG CHICKEN TENDERS (VO-VEGGIE NUGGETS), STRINGBEANS, APPLESAUCE, MILK 1%
P.M. Snack	WG EDUCATIONAL CRACKERS	PRETZEL WHEELS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG SOFT BAKED OATMEAL COOKIE	CHURRO CRUNCH N CRAVE CRACKERS
Week Beginning on October 17, 2022					
A.M. Snack	WG MUFFIN, MILK 1%	WHOLE GRAIN PANCAKE, MIXED BERRIES, MILK 1%	CHEF'S CHOICE	HONEY CHEERIOS CEREAL, MILK 1%	RICE KRISPY CEREAL, SLICED BANANA, MILK 1%
Lunch	WG FISH & CHS NUGGETS (VO- VEGGIE PATTY), MIXED VEG, FRUIT COCKTAIL, MILK 1%	WG CHICKEN NUGGETS (VO - veggie nuggets), BROCCOLI FLORETS, ORANGE SLICES, MILK 1%	TURKEY TACOS (VO-VEGGIE TACOS), CHEF'S CHOICE VEGETABLES, CHEF'S CHOICE FRUIT, MILK 1%	ZESTY ORANGE DICED CHICKEN (VO-VEGGIE NUGGETS), BROWN RICE, PEACHES, MILK 1%	SUNBUTTER & JELLY SANDWCH, DICED CARROTS, DICED PEARS, MILK 1%
P.M. Snack	WG GRAHAM CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	CHEF'S CHOICE	MOZZARELLA STRING CHEESE, WHEAT THIN CRACKERS	WG TRISCUITS, AMERICAN OR CHEDDAR CHEESE SLICE
Week Beginning on October 24, 2022					
A.M. Snack	WG OATMEAL BAR	TASTEEOS CEREAL, BANANA, MILK 1%	WG MINI BAGEL, APPLE BUTTER, MILK 1%	HONEY GRAHAM SQUARES CEREAL, MILK 1%	CHEF'S
Lunch	BBQ CHICKEN (VO- FALAFA) ,HAWAIIIN SLIDER, BROCCOLI, PINEAPPLE, MILK 1%	WG MOZZARELLA STICKS, SPAGHETTI SAUCE, STRINGBEANS, DICED PEARS, MILK 1%	CHIC & CHEESE QUESADILLA (VO -CHEESE QUESADILLA), BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	GRILLED CHIC NUGGETS W/HONEY MUSTARD (VO- VEGGIE NUGGETS), WG SLIDER, TATER TOTS, MANDARIN ORANGES, MILK 1%	CHOICE
P.M. Snack	WG BLUEBERRY LEMON CRISPS	CHEEZIT CRACKERS	SLICED CUCUMBERS, RANCH DRESSING, WHEAT THINS	YOGURT CUP, DICED MANGO	DAY!

***** SUBJECT TO CHANGE *****