

Chesterbrook Academy April 2019 Menu

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

Red text = vegetarian option.

Week Beginning on April 1, 2019					
A.M. Snack	HONEY GRAHAM SQUARES CEREAL, MILK 1%	TASTEEO CEREAL, MIXED BERRIES, MILK 1%	WHOLE GRAIN WAFFLE, SLICED STRAWBERRIES, MILK 1%	WHOLE WHEAT TOAST SLICE, APPLE BUTTER, MILK 1%	WG CRANBERRY ORANGE MUFFIN, MILK 1%
Lunch	TURKEY TETRAZZINI, WHOLE WHEAT MACARONI, MIXED VEG, SLICED STRAWBERRIES, MILK 1%	CHICKEN POT PIE (VO - Gardein Chicken Strips), WHOLE GRAIN BISCUIT , PEACHES, MILK 1%	WHOLE GRAIN PIZZA , FRESH TOSSED SALAD, RANCH DRESSING, BLUEBERRIES, MILK 1%	CHEESESTEAK ON WHOLE GRAIN SLIDER , STRINGBEANS, APPLESAUCE, MILK 1%	TURKEY TACOS ON WHOLE WHEAT TORTILLA , CARROTS, DICED PEARS, MILK 1%
P.M. Snack	COLBY JACK CHEESE STICK, WG TRISCUITS	CHEDDAR CHEESE SLICES , WHEAT CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	SLICED CUCUMBERS WITH RANCH DRESSING, MOZZARELLA STRING CHEESE	WG STRAWBERRY CHEX , GREEK VANILLA YOGURT
Week Beginning on April 8, 2019					
A.M. Snack	WHOLE GRAIN ENGLISH MUFFIN , APPLE BUTTER, BLUEBERRIES, MILK 1%	WHOLE GRAIN PANCAKE , MIXED BERRIES, MILK 1%	MINI WG BAGEL, STRAWBERRY PRESERVES, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK 1%	WG CRANBERRY ORANGE MUFFIN , MILK 1%
Lunch	MULTI-GRAIN FLAT BREAD PIZZA , CARROTS, PEARS, MILK 1%	BBQ SHREDDED CHICKEN SANDWICH, BROCCOLI FLORETS , ORANGE SLICES , MILK 1%	WG PASTA , BEEF CRUMBLES, STRINGBEANS, APPLESAUCE, MILK 1%	CHEF SALAD w/DICED TURKEY HAM, PEACHES, MILK 1%	TURKEY TACOS ON WHOLE WHEAT TORTILLA , CARROTS, DICED PEARS, MILK 1%
P.M. Snack	GRAHAM CRACKERS, APPLE BUTTER	FRESH APPLE, SUNBUTTER OR SOYBUTTER	HUMMUS, WG PITA	MOZZARELLA STRING CHEESE , WHEAT CRACKERS	WG STRAWBERRY CHEX
Week Beginning on April 15, 2019					
A.M. Snack	BLUEBERRY MUFFIN, MILK 1%	RICE KRISPIES CEREAL, BERRIES, MILK 1%	WHOLE GRAIN WAFFLE , MIXED BERRIES, MILK 1%	HONEY GRAHAM SQUARES CEREAL, MILK 1%	CHEF'S
Lunch	DICED TURKEY HAM, MASHED POTATOES, PINEAPPLE, MILK 1%	TURKEY CHILI (VO - Garden Burger) ON WHOLE WHEAT BUN , CORN, PINEAPPLE, MILK 1%	WHOLE GRAIN CHICKEN PATTY , BROCCOLI FLORETS , FRESH/FROZEN MELON, MILK 1%	TUNA SALAD ON WG SALTINES , BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	CHOICE
P.M. Snack	WG CHEDDAR RICE CAKES , FRESH ORANGE SLICES	WG GRANOLA BITES	FRESH APPLE, SUNBUTTER OR SOYBUTTER	GREEK VANILLA YOGURT, PINEAPPLE TIDBITS	DAY
Week Beginning on April 22, 2019					
A.M. Snack	SCRAMBLED EGG PATTY, MILK 1%	ALPHA BITS CEREAL, BLUEBERRIES, MILK 1%	WHOLE GRAIN MINI BAGEL , APPLE BUTTER, MILK 1%	BLUEBERRY MUFFIN, MANDARIN ORANGES, MILK 1%	RICE KRISPIES CEREAL, BERRIES, MILK 1%
Lunch	CHEESE RAVIOLETTI, SPAGHETTI SAUCE, BROCCOLI FLORETS , DICED PEACHES, MILK 1%	GRILLED CHEESE ON WHEAT BREAD , STRINGBEANS, SLICED STRAWBERRIES, MILK 1%	BBQ BEEF BRISKET SANDWICH (VO - Garden Burger) ON WHOLE WHEAT BUN , BAKED SWEET POTATO FRIES, APPLESAUCE, MILK 1%	CHICKEN & CHEESE WG QUESADILLA , CARROTS, MIXED BERRIES, MILK 1%	TURKEY & CHEESE on WHOLE WHEAT TORTILLA , CARROTS, APPLESAUCE, MILK 1%
P.M. Snack	WG WAFFLE GRAHAMS (APPLE CINN or STRAWBERRY)	WHOLE GRAIN SPIKERZ RANCH CRACKERS , APPLESAUCE	SLICED CUCUMBERS WITH RANCH DRESSING	FRESH APPLE, SUNBUTTER OR SOYBUTTER	WG TRISCUITS , ORANGE SLICES
Week Beginning on April 29, 2019					
A.M. Snack	WG FRENCH TOAST STICKS , MILK 1%	WHOLE GRAIN ENGLISH MUFFIN , APPLE BUTTER, BLUEBERRIES, MILK 1%	CORN FLAKES CEREAL, SLICED BANANA, MILK 1%	WHOLE GRAIN PANCAKE , SUGAR FREE SYRUP, ORANGE SLICES , MILK 1%	TASTEEO CEREAL, BANANA, MILK 1%
Lunch	LASAGNA ROLL UPS, CORN, DICED PEACHES, MILK 1%	DICED CHICKEN SALAD w/RANCH DRESSING, WHOLE WHEAT SLIDER ROLL , APPLESAUCE, MILK 1%	FISH BITES, BROWN RICE, STRINGBEANS, PEARS, MILK 1%	RICE & BEANS, SLICED AVOCADO, SLICED STRAWBERRIES, MILK 1%	PIEROGIES, MIXED VEG, FRUIT COCKTAIL, MILK 1%
P.M. Snack	MOZZARELLA STRING CHEESE, WHEAT CRACKERS	FRESH APPLE, SUNBUTTER OR SOYBUTTER	GREEK VANILLA YOGURT, MIXED BERRIES	TOWNHOUSE CRACKERS, CHEESE SLICES	PITA CHIPS, HUMMUS

* * * Menu Subject to Change * * *