

ChildEats Monthly Menu



Week 1 • September 1 – September 5

Date	Monday 09/01	Tuesday 09/02	Wednesday 09/03	Thursday 09/04	Friday 09/05
Breakfast	Apple Pound Cake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Blueberry Square Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Meatloaf Kasha Steamed Broccoli Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy Turkey Triangles Seasonal Fruit	Spanakopita Seasonal Fruit	WG Banana Bread Seasonal Fruit

Week 2 • September 8 – September 12

Date	Monday 09/08	Tuesday 09/09	Wednesday 09/10	Thursday 09/11	Friday 09/12
Breakfast	French Toast Seasonal Fruit	Croissant Seasonal Fruit	Oatmeal Seasonal Fruit	Banana Bread Seasonal Fruit	Cheese Casserole & Seasonal Fruit
Soup	Oatmeal	Chicken Noodle	Lentil	Borscht	Purée Cauliflower
Lunch	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	Turkey Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob Kasha Beets Salad Seasonal Fruit
PM Snack	Cheese Quesadillas Baby Carrots	WG Blueberry Square Seasonal Fruit	Yogurt Carrot Cake	Mini Bagel Cream Cheese	Cottage Cheese Waffle

Week 3 • September 15 – September 19

Date	Monday 09/15	Tuesday 09/16	Wednesday 09/17	Thursday 09/18	Friday 09/19
Breakfast	Apple Pound Cake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Blueberry Square Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Meatloaf Kasha Beets Salad Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	Spanakopita Seasonal Fruit	Cheesy Turkey Triangles Seasonal Fruit	Yogurt Mini Puffs

Week 4 • September 22 – September 26

Date	Monday 09/22	Tuesday 09/23	Wednesday 09/24	Thursday 09/25	Friday 09/26
Breakfast	French Toast Seasonal Fruit	Croissant Seasonal Fruit	Oatmeal Seasonal Fruit	Banana Bread Seasonal Fruit	Cheese Casserole Seasonal Fruit
Soup	Lentil	Chicken Noodle	Purée Cauliflower	Purée Pumpkin	Borscht
Lunch	Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Stir Baked Chicken Steamed Rice Steamed Broccoli Seasonal Fruit	Turkey Meatballs Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Chicken Kabob Kasha Beets Salad Seasonal Fruit
PM Snack	Apple Pound Cake Seasonal Fruit	Cottage Cheese Apple Pocket Pancake	WG Cheese Quesadillas Baby Carrots	Mini Bagel Cream Cheese	Boiled Egg French Toast Stick

Week 5 • September 29 – September 30

Date	Monday 09/29	Tuesday 09/30			
Breakfast	Apple Pound Cake Seasonal Fruit	French Toast Seasonal Fruit			
Soup	Purée Broccoli	Purée Carrot			
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit			
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs			

Note: All fruits are subject to seasonal availability. childeats.com • prepared by petergofchicago.com