

ChildEats Vegetarian 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	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Kasha Steamed Broccoli Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy 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	Noodle	Lentil	Borscht	Purée Cauliflower
Lunch	Omelet Slider Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Mozzarella Stick Steamed Rice Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Broccoli Seasonal Fruit	Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel 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	Mozzarella Stick Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Steamed Rice Cole Slaw Seasonal Fruit	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Omelet Slider Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty Kasha Beets Salad Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	Spanakopita Seasonal Fruit	Cheesy 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	Noodle	Purée Cauliflower	Purée Pumpkin	Borscht
Lunch	Mac N Cheese WG Pasta Garden Salad Seasonal Fruit	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Falafel Steamed Rice Steamed Broccoli Seasonal Fruit	Omelet Slider Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Vegetable Patty 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	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick 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