

## 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
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	Mac N Cheese WG Pasta Steamed Broccoli Seasonal Fruit

### Week 2 • September 8 – September 12

Date	Monday 09/08	Tuesday 09/09	Wednesday 09/10	Thursday 09/11	Friday 09/12
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 Steamed Cauliflower Seasonal Fruit

### Week 3 • September 15 – September 19

Date	Monday 09/15	Tuesday 09/16	Wednesday 09/17	Thursday 09/18	Friday 09/19
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	Mac N Cheese WG Pasta Steamed Vegetables Seasonal Fruit

### Week 4 • September 22 – September 26

Date	Monday 09/22	Tuesday 09/23	Wednesday 09/24	Thursday 09/25	Friday 09/26
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 Steamed Vegetables Seasonal Fruit

### Week 5 • September 29 – September 30

Date	Monday 09/29	Tuesday 09/30			
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit			

*Note: All fruits are subject to seasonal availability.*

*childeats.com • prepared by petergofchicago.com*