

## ChildEats Vegetarian Menu



### Week 1 • October 1 – October 3

Date	Monday	Tuesday	Wednesday 10/01	Thursday 10/02	Friday 10/03
Breakfast			Oatmeal Seasonal Fruit	Blueberry Square Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup			Split Pea	Fresh Cabbage	Rice
Lunch			Vegetable Patty Steamed Rice Cole Slaw Steamed Vegetables	Cheese Pizza Roasted Potato WG Bread Garden Salad	Veggie Nuggets Kasha Steamed Cauliflower Beets Salad
PM Snack			WG Cheesy Triangles Seasonal Fruit	Pancake Apple Sauce	WG Banana Bread Seasonal Fruit

### Week 2 • October 6 – October 10

Date	Monday 10/06	Tuesday 10/07	Wednesday 10/08	Thursday 10/09	Friday 10/10
Breakfast	Rice Pudding Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Cheese Casserole & Seasonal Fruit
Soup	Oatmeal	Noodle	Purée Pumpkin	Borscht	Purée Cauliflower
Lunch	Omelet Slider Sweet Potato WG Bread Cole Slaw	Mozzarella Stick Steamed Rice Garden Salad Green Peas	Mac N Cheese WG Pasta Steamed Broccoli Carrot Salad	Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables	Falafel Kasha Cucumber Salad Steamed Cauliflower
PM Snack	Cheese Quesadillas Baby Carrots	WG Blueberry Square Seasonal Fruit	Yogurt Carrot Cake	French Toast Sticks Seasonal Fruit	Cottage Cheese Waffle

### Week 3 • October 13 – October 17

Date	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
Breakfast	Cream of Wheat 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	Veggie Nuggets Steamed Rice Cole Slaw Cucumber Salad	Mac N Cheese WG Pasta Steamed Carrots Green Peas	Omelet Slider Mashed Potato WG Bread Steamed Cauliflower	Vegetable Patty Kasha Beets Salad Steamed Vegetables
PM Snack	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	WG Cheese Quesadillas Baby Carrots	Cheesy Triangles Seasonal Fruit	Yogurt Mini Puffs

### Week 4 • October 20 – October 24

Date	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
Breakfast	Rice Pudding Seasonal Fruit	Croissant Seasonal Fruit	Oatmeal Seasonal Fruit	Banana Bread Seasonal Fruit	Cheese Casserole Seasonal Fruit
Soup	Oatmeal	Noodle	Purée Cauliflower	Purée Pumpkin	Borscht
Lunch	Mac N Cheese WG Pasta Garden Salad Steamed Carrots	Veggie Nuggets Sweet Potato WG Bread Cole Slaw	Falafel Steamed Rice Steamed Broccoli Carrot Salad	Omelet Slider Herb Boiled Potato WG Bread Cucumber Salad	Vegetable Patty Kasha Green Peas Steamed Vegetables
PM Snack	Apple Pound Cake Seasonal Fruit	Cottage Cheese Pancake	Carrot Cake Seasonal Fruit	Mini Bagel Cream Cheese	Boiled Egg French Toast Stick

### Week 5 • October 27 – October 31

Date	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
Breakfast	Cream of Wheat 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 Cucumber Salad	Mozzarella Stick Mashed Potato WG Bread Steamed Broccoli	Vegetable Patty Steamed Rice Cole Slaw Steamed Vegetables	Cheese Pizza Roasted Potato WG Bread Garden Salad	Veggie Nuggets Kasha Steamed Cauliflower Beets Salad
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy Triangles Seasonal Fruit	Pancake Apple Sauce	WG Banana Bread Seasonal Fruit

*Note: All fruits are subject to seasonal availability. [childeats.com](http://childeats.com) • prepared by [petergofchicago.com](http://petergofchicago.com)*