

ChildEats Monthly Menu



Week 1 • October 1 – October 3

Date	Monday	Tuesday	Wednesday 10/01	Thursday 10/02	Friday 10/03
Breakfast			Oatmeal Seasonal Fruit	Apple Pound Cake Seasonal Fruit	Egg Omelet Seasonal Fruit
Lunch			Chicken Kabob Steamed Rice Cole Slaw Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Cauliflower Seasonal Fruit
PM Snack			WG Cheesy Turkey Triangles Seasonal Fruit	Pancakes 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	Biscuit/Sausage Seasonal Fruit
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
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
Lunch	Chicken Cloud Puffs Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Stew Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Mac N Cheese WG Pasta Steamed Vegetables Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	Cheese Quesadillas Baby Carrots	Cheesy Turkey 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	French Toast Seasonal Fruit	Biscuit/Sausage Seasonal Fruit
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
PM Snack	Apple Pound Cake Seasonal Fruit	Cottage Cheese Pancakes	Carrot Cake Seasonal Fruit	Mini Bagel Cream Cheese Seasonal Fruit	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	Apple Pound Cake Seasonal Fruit	Egg Omelet Seasonal Fruit
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Chicken Kabob Steamed Rice Cole Slaw Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Cauliflower Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy Turkey Triangles Seasonal Fruit	Pancakes Apple Sauce	WG Banana Bread Seasonal Fruit

Note: All fruits are subject to seasonal availability.

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