

## ChildEats Vegetarian Menu



### Week 1 • October 1 – October 3

| Date      | Monday | Tuesday | Wednesday<br>10/01                                             | Thursday<br>10/02                                                         | Friday<br>10/03                                                  |
|-----------|--------|---------|----------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------|
| Breakfast |        |         | Oatmeal<br>Seasonal Fruit                                      | Blueberry Square<br>Seasonal Fruit                                        | Egg Omelet<br>Seasonal Fruit                                     |
| Lunch     |        |         | Vegetable Patty<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Cheese Pizza<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Veggie Nuggets<br>Kasha<br>Steamed Cauliflower<br>Seasonal Fruit |
| PM Snack  |        |         | WG Cheesy Triangles<br>Seasonal Fruit                          | Pancakes<br>Apple Sauce                                                   | WG Banana Bread<br>Seasonal Fruit                                |

### Week 2 • October 6 – October 10

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

### Week 3 • October 13 – October 17

| Date      | Monday<br>10/13                                                               | Tuesday<br>10/14                                              | Wednesday<br>10/15                                            | Thursday<br>10/16                                                                | Friday<br>10/17                                                  |
|-----------|-------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------|
| Breakfast | Cream of Wheat<br>Seasonal Fruit                                              | French Toast<br>Seasonal Fruit                                | Oatmeal<br>Seasonal Fruit                                     | Blueberry Square<br>Seasonal Fruit                                               | Egg Omelet<br>Seasonal Fruit                                     |
| Lunch     | Mozzarella Stick<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Veggie Nuggets<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Mac N Cheese<br>WG Pasta<br>Steamed Carrots<br>Seasonal Fruit | Omelet Slider<br>Mashed Potato/WG Bread<br>Steamed Cauliflower<br>Seasonal Fruit | Vegetable Patty<br>Kasha<br>Steamed Vegetables<br>Seasonal Fruit |
| PM Snack  | Melted Cheese Wedges<br>Cucumber Sticks                                       | WG Banana Bread<br>Seasonal Fruit                             | WG Cheese Quesadillas<br>Baby Carrots                         | Cheesy Triangles<br>Seasonal Fruit                                               | Yogurt<br>Mini Puffs                                             |

### Week 4 • October 20 – October 24

| Date      | Monday<br>10/20                                            | Tuesday<br>10/21                                                       | Wednesday<br>10/22                                            | Thursday<br>10/23                                                                | Friday<br>10/24                                                  |
|-----------|------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------|
| Breakfast | Rice Pudding<br>Seasonal Fruit                             | Croissant<br>Seasonal Fruit                                            | Oatmeal<br>Seasonal Fruit                                     | French Toast<br>Seasonal Fruit                                                   | Cheese Casserole<br>Seasonal Fruit                               |
| Lunch     | Mac N Cheese<br>WG Pasta<br>Garden Salad<br>Seasonal Fruit | Veggie Nuggets<br>Sweet Potato/WG Bread<br>Cole Slaw<br>Seasonal Fruit | Falafel<br>Steamed Rice<br>Steamed Broccoli<br>Seasonal Fruit | Omelet Slider<br>Herb Boiled Potato<br>WG Bread Cucumber Salad<br>Seasonal Fruit | Vegetable Patty<br>Kasha<br>Steamed Vegetables<br>Seasonal Fruit |
| PM Snack  | Apple Pound Cake<br>Seasonal Fruit                         | Cottage Cheese<br>Pancakes                                             | Carrot Cake<br>Seasonal Fruit                                 | Mini Bagel Cream Cheese<br>Seasonal Fruit                                        | Boiled Egg<br>French Toast Stick                                 |

### Week 5 • October 27 – October 31

| Date      | Monday<br>10/27                                               | Tuesday<br>10/28                                                                 | Wednesday<br>10/29                                             | Thursday<br>10/30                                                         | Friday<br>10/31                                                  |
|-----------|---------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------|
| Breakfast | Cream of Wheat<br>Seasonal Fruit                              | French Toast<br>Seasonal Fruit                                                   | Oatmeal<br>Seasonal Fruit                                      | Blueberry Square<br>Seasonal Fruit                                        | Egg Omelet<br>Seasonal Fruit                                     |
| Lunch     | Mac N Cheese<br>WG Pasta<br>Steamed Carrots<br>Seasonal Fruit | Mozzarella Stick<br>Mashed Potato/WG Bread<br>Steamed Broccoli<br>Seasonal Fruit | Vegetable Patty<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Cheese Pizza<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Veggie Nuggets<br>Kasha<br>Steamed Cauliflower<br>Seasonal Fruit |
| PM Snack  | Melted Cheese Wedges<br>Cucumber Sticks                       | Yogurt<br>Mini Puffs                                                             | WG Cheesy Triangles<br>Seasonal Fruit                          | Pancakes<br>Apple Sauce                                                   | WG Banana Bread<br>Seasonal Fruit                                |

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