

ChildEats Egg Free Menu



Week 1 • October 1 – October 3

Date	Monday	Tuesday	Wednesday 10/01	Thursday 10/02	Friday 10/03
Breakfast			Oatmeal Seasonal Fruit	EF Blueberry Square Seasonal Fruit	WG Cheerios Seasonal Fruit
Lunch			Grilled Chicken Steamed Rice Steamed Green Peas Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	EF Meatloaf Kasha Steamed Cauliflower Seasonal Fruit
PM Snack			WG Cheesy Turkey Triangles Seasonal Fruit	WG Bug Bites Seasonal Fruit	EF 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	EF French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Mini Bagel Seasonal Fruit	WG Cheerios Seasonal Fruit
Lunch	EF Chicken Tenders Sweet Potato/WG Bread Cabbage Salad Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	EF Turkey Meatballs Herb Boiled Potato WG Bread Steamed Cauliflower Seasonal Fruit	Grilled Chicken Kasha Steamed Vegetables Seasonal Fruit
PM Snack	Cheese Quesadillas Baby Carrots	EF WG Blueberry Square Seasonal Fruit	Yogurt EF Carrot Cake	EF French Toast Sticks Cream Cheese	Cottage Cheese EF 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	EF French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	EF Blueberry Square Seasonal Fruit	WG Cheerios Seasonal Fruit
Lunch	EF Chicken Cloud Cuffs Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Steamed Green Peas Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Stew Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	EF Meatloaf Kasha Steamed Vegetables Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	EF WG Banana Bread Seasonal Fruit	WG Cheese Quesadillas Baby Carrots	Cheesy Turkey Triangles Seasonal Fruit	Yogurt Mini Bagel

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	Mini Bagel Seasonal Fruit	Oatmeal Seasonal Fruit	EF French Toast Seasonal Fruit	WG Cheerios Seasonal Fruit
Lunch	EF Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	EF Chicken Tenders Sweet Potato/WG Bread Cabbage Salad Seasonal Fruit	Stir Baked Chicken Steamed Rice Steamed Broccoli Seasonal Fruit	EF Turkey Meatballs Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Grilled Chicken Kasha Steamed Vegetables Seasonal Fruit
PM Snack	EF Apple Pound Cake Seasonal Fruit	Cottage Cheese WG Honey Cracker	WG Bug Bites Seasonal Fruit	Mini Bagel Cream Cheese Seasonal Fruit	Cheese Slice 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	EF French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	EF Blueberry Square Seasonal Fruit	WG Cheerios Seasonal Fruit
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	EF Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Grilled Chicken Steamed Rice Steamed Green Peas Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	EF Meatloaf Kasha Steamed Cauliflower Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Bagel	WG Cheesy Turkey Triangles Seasonal Fruit	WG Bug Bites Seasonal Fruit	EF WG Banana Bread Seasonal Fruit

Note: All fruits are subject to seasonal availability. childeats.com • prepared by petergofchicago.com