

ChildEats Gluten Free Menu



Week 1 • November 3 – November 7

Date	Monday 11/03	Tuesday 11/04	Wednesday 11/05	Thursday 11/06	Friday 11/07
Breakfast	Rice Pudding Seasonal Fruit	WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit	Rice Pudding Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Oatmeal	Rice	Purée Pumpkin	Borscht	Purée Cauliflower
Lunch	GF Chicken Tenders Sweet Potato Cornbread Cole Slaw	Chicken Fajitas Steamed Rice Garden Salad Green Peas	Mama's Bolognese GF Pasta Steamed Broccoli Carrot Salad	GF Turkey Meatballs Herb Boiled Potato Cornbread Steamed Vegetables	Chicken Kabob WG Kasha Cucumber Salad Steamed Cauliflower
PM Snack	String Cheese Baby Carrots	GF Cookie Seasonal Fruit	Yogurt GF Cracker	Rice Cake Cream Cheese	Cottage Cheese GF Pancake

Week 2 • November 10 – November 14

Date	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Breakfast	GF Pancake Seasonal Fruit	WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit	Rice Pudding Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	Chicken Stew Roasted Potato Cornbread Garden Salad	Chicken Pilaf Steamed Rice Cole Slaw Cucumber Salad	Mama's Bolognese GF Pasta Steamed Carrots Green Peas	GF Chicken Cloud Puffs Mashed Potato Cornbread Steamed Cauliflower	GF Chicken Meatloaf WG Kasha Beets Salad Steamed Vegetables
PM Snack	Cheese Slice Cucumber Sticks	GF Cracker Seasonal Fruit	GF Pancake Seasonal Fruit	Turkey Slice Seasonal Fruit	Yogurt Rice Cake

Week 3 • November 17 – November 21

Date	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Breakfast	Rice Pudding Seasonal Fruit	WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit	Rice Pudding Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Oatmeal	Rice	Purée Cauliflower	Purée Carrot	Borscht
Lunch	GF Meatballs Marinara GF Pasta Garden Salad Steamed Carrots	GF Chicken Tenders Sweet Potato Corn Bread Cole Slaw	Stir Baked Chicken Steamed Rice Steamed Broccoli Carrot Salad	GF Turkey Meatballs Herb Boiled Potato Corn Bread Cucumber Salad	Chicken Kabob WG Kasha Green Peas Steamed Vegetables
PM Snack	Cheese Slice Seasonal Fruit	Cottage Cheese Rice Cake	String Cheese Baby Carrots	Rice Cake Cream Cheese	Boiled Egg GF Cracker

Week 4 • November 24 – November 28

Date	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Breakfast	GF Pancake Seasonal Fruit	WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit	Rice Pudding Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	Chicken Alfredo GF Pasta Steamed Carrots Cucumber Salad	GF Chicken Cloud Puffs Mashed Potato Cornbread Steamed Broccoli	Chicken Kabob Steamed Rice Cole Slaw Steamed Vegetables	Chicken Stew Roasted Potato Cornbread Garden Salad	GF Chicken Meatloaf WG Kasha Steamed Cauliflower Beets Salad
PM Snack	Cheese Slice Cucumber Sticks	Yogurt GF Cracker	Turkey Slice Seasonal Fruit	GF Cookie Seasonal Fruit	Rice Cake Seasonal Fruit

Date					
Breakfast					
Soup					
Lunch					
PM Snack					

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