

ChildEats Monthly Menu



Week 1 • November 3 – November 7

Date	Monday 11/03	Tuesday 11/04	Wednesday 11/05	Thursday 11/06	Friday 11/07
Breakfast	WG Waffle 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 Mini Puffs	French Toast Sticks Seasonal Fruit	Cottage Cheese Waffle

Week 2 • November 10 – November 14

Date	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Breakfast	Pocket Pancake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Egg Omelet Seasonal Fruit
Lunch	Chicken Stew 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 Cloud Puffs 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 3 • November 17 – November 21

Date	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Breakfast	WG Waffle 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	Blueberry Muffin Seasonal Fruit	Cottage Cheese Pancakes	Carrot Cake Seasonal Fruit	Mini Bagel Cream Cheese Seasonal Fruit	Boiled Egg French Toast Stick

Week 4 • November 24 – November 28

Date	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Breakfast	Pocket Pancake 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	Blueberry Muffin Seasonal Fruit

Date					
Breakfast					
Lunch					
PM Snack					

Note: All fruits are subject to seasonal availability.

childeats.com • prepared by peterhofchicago.com
