

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
Soup	Oatmeal	Chicken Noodle	Purée Pumpkin	Borscht	Purée Cauliflower
Lunch	Omelet Slider Sweet Potato WG Bread Cole Slaw Seasonal Fruit	Mozzarella Stick Steamed Rice Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Broccoli Seasonal Fruit	Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel WG Kasha Steamed Cauliflower Seasonal Fruit

Week 2 • November 10 – November 14

Date	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	Mozzarella Stick Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Steamed Rice Cole Slaw Seasonal Fruit	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Omelet Slider Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty WG Pasta Steamed Vegetables Seasonal Fruit

Week 3 • November 17 – November 21

Date	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Soup	Oatmeal	Chicken Noodle	Purée Cauliflower	Purée Carrot	Borscht
Lunch	Mac N Cheese WG Pasta Garden Salad Seasonal Fruit	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Falafel Steamed Rice Steamed Broccoli Seasonal Fruit	Omelet Slider Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Vegetable Patty WG Kasha Steamed Vegetables Seasonal Fruit

Week 4 • November 24 – November 28

Date	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets WG Pasta Steamed Cauliflower Seasonal Fruit

Date					
Lunch					

Note: All fruits are subject to seasonal availability.

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