

ChildEats Dairy Free 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	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Chicken Fajitas DF Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	Turkey Meatballs DF Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob DF 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	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf DF Steamed Rice Cole Slaw Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs DF Mashed Potato WG Bread Steamed Cauliflower Seasonal Fruit	Meatloaf DF Kasha 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 Pumpkin	Borscht
Lunch	Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Stir Baked Chicken DF Steamed Rice Steamed Broccoli Seasonal Fruit	Turkey Meatballs DF Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Chicken Kabob DF 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	Chicken Kabob WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs DF 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	Meatloaf DF Kasha Steamed Cauliflower Seasonal Fruit

Date					
Soup					
Lunch					

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