

## ChildEats Monthly Menu



### Week 1 • December 1 – December 5

| Date  | Monday<br>12/01   | Tuesday<br>12/02  | Wednesday<br>12/03   | Thursday<br>12/04  | Friday<br>12/05   |
|-------|---|---|--|--|---|
| Lunch | Chicken Tenders<br>Sweet Potato/WG Bread<br>Cole Slaw<br>Seasonal Fruit | Chicken Fajitas<br>Steamed Rice<br>Garden Salad<br>Seasonal Fruit | Mama's Bolognese<br>WG Pasta<br>Steamed Broccoli<br>Seasonal Fruit | Turkey Meatballs<br>Herb Boiled Potato<br>WG Bread<br>Steamed Vegetables<br>Seasonal Fruit | Chicken Kabob<br>Kasha<br>Steamed Cauliflower<br>Seasonal Fruit |

### Week 2 • December 8 – December 12

| Date  | Monday<br>12/08   | Tuesday<br>12/09   | Wednesday<br>12/10  | Thursday<br>12/11  | Friday<br>12/12  |
|-------|---|--|---|--|--|
| Lunch | Chicken Stew<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Chicken Pilaf<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Mama's Bolognese<br>WG Pasta<br>Steamed Carrots<br>Seasonal Fruit | Chicken Cloud Puffs<br>Mashed Potato/WG Bread<br>Steamed Cauliflower<br>Seasonal Fruit | Mac N Cheese<br>WG Pasta<br>Steamed Vegetables<br>Seasonal Fruit |

### Week 3 • December 15 – December 19

| Date  | Monday<br>12/15  | Tuesday<br>12/16  | Wednesday<br>12/17   | Thursday<br>12/18   | Friday<br>12/19  |
|-------|--|---|--|---|--|
| Lunch | Meatballs Marinara<br>WG Pasta<br>Garden Salad<br>Seasonal Fruit | Chicken Tenders<br>Sweet Potato/WG Bread<br>Cole Slaw<br>Seasonal Fruit | Stir Baked Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Seasonal Fruit | Turkey Meatballs<br>Herb Boiled Potato<br>WG Bread Cucumber Salad<br>Seasonal Fruit | Chicken Kabob<br>Kasha<br>Steamed Vegetables<br>Seasonal Fruit |

### Week 4 • December 22 – December 26

| Date  | Monday<br>12/22  | Tuesday<br>12/23  | Wednesday<br>12/24   | Thursday<br>12/25   | Friday<br>12/26   |
|-------|--|---|--|---|---|
| Lunch | Chicken Alfredo<br>WG Pasta<br>Steamed Carrots<br>Seasonal Fruit | Chicken Cloud Puffs<br>Mashed Potato/WG Bread<br>Steamed Broccoli<br>Seasonal Fruit | Chicken Kabob<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Chicken Stew<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Mac N Cheese<br>WG Pasta<br>Steamed Cauliflower<br>Seasonal Fruit |

### Week 5 • December 29 – December 31

| Date  | Monday<br>12/29   | Tuesday<br>12/30  | Wednesday<br>12/31   |  |  |
|-------|---|---|--|--|--|
| Lunch | Chicken Tenders<br>Sweet Potato/WG Bread<br>Cole Slaw<br>Seasonal Fruit | Chicken Fajitas<br>Steamed Rice<br>Garden Salad<br>Seasonal Fruit | Mama's Bolognese<br>WG Pasta<br>Steamed Broccoli<br>Seasonal Fruit |  |  |

*Note: All fruits are subject to seasonal availability.*

*childeats.com • prepared by petergofchicago.com*