

ChildEats Liam Menu



Week 1 • December 1 – December 5

Date	Monday 12/01	Tuesday 12/02	Wednesday 12/03	Thursday 12/04	Friday 12/05
Lunch	EF Chicken Tenders Sweet Potato/WG Bread Cabbage Salad Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	EF Turkey Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Grilled Chicken Kasha Steamed Vegetables Seasonal Fruit

Week 2 • December 8 – December 12

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

Week 3 • December 15 – December 19

Date	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19
Lunch	EF Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	EF Chicken Tenders Sweet Potato/WG Bread Cabbage Salad Seasonal Fruit	Stir Baked Chicken Steamed Rice Steamed Broccoli Seasonal Fruit	EF Turkey Meatballs Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Grilled Chicken Kasha Steamed Vegetables Seasonal Fruit

Week 4 • December 22 – December 26

Date	Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	EF Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Grilled Chicken Steamed Rice Cabbage Salad Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Cauliflower Seasonal Fruit

Week 5 • December 29 – December 31

Date	Monday 12/29	Tuesday 12/30	Wednesday 12/31		
Lunch	EF Chicken Tenders Sweet Potato/WG Bread Cabbage Salad Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit		

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