

ChildEats Monthly Menu



Week 1 • December 1 – December 5

| Date | Monday 12/01 | Tuesday 12/02 | Wednesday 12/03 | Thursday 12/04 | Friday 12/05 |
|-------|---|---|--|---|---|
| Lunch | Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit | Vegetable Patty Steamed Rice Garden Salad Seasonal Fruit | Veggie Nuggets WG Pasta Steamed Broccoli Seasonal Fruit | Vegetable Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit | Falafel Kasha Steamed Cauliflower 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 | Vegetable Meatballs Roasted Potato/WG Bread Garden Salad Seasonal Fruit | Veggie Nuggets Steamed Rice Cole Slaw Seasonal Fruit | Falafel WG Pasta Steamed Carrots Seasonal Fruit | Veggie Nuggets Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit | Vegetable Patty 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 | Vegetable Meatballs WG Pasta Garden Salad Seasonal Fruit | Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit | Falafel Steamed Rice Steamed Broccoli Seasonal Fruit | Veggie Nuggets Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit | Vegetable Patty 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 | Veggie Nuggets WG Pasta Steamed Carrots Seasonal Fruit | Vegetable Meatballs Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit | Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit | Falafel Roasted Potato/WG Bread Garden Salad Seasonal Fruit | Veggie Nuggets WG Pasta Steamed Cauliflower Seasonal Fruit |

Week 5 • December 29 – December 31

| Date | Monday 12/29 | Tuesday 12/30 | Wednesday 12/31 | | |
|-------|--|---|--|--|--|
| Lunch | Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit | Vegetable Patty Steamed Rice Garden Salad Seasonal Fruit | Veggie Nuggets WG Pasta Steamed Broccoli Seasonal Fruit | | |

Note: All fruits are subject to seasonal availability.

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