

## 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
<b>Breakfast</b>	WG Waffle Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Biscuit/Sausage Seasonal Fruit
<b>Lunch</b>	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 Kasha Steamed Cauliflower Seasonal Fruit
<b>PM Snack</b>	Cheese Quesadillas Baby Carrots	WG Blueberry Square Seasonal Fruit	Yogurt Mini Puffs	French Toast Sticks Seasonal Fruit	Cottage Cheese Waffle

### Week 2 • December 8 – December 12

Date	Monday 12/08	Tuesday 12/09	Wednesday 12/10	Thursday 12/11	Friday 12/12
<b>Breakfast</b>	Pocket Pancake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Egg Omelet Seasonal Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	Cheese Quesadillas Baby Carrots	Cheesy Triangles Seasonal Fruit	Yogurt Mini Puffs

### Week 3 • December 15 – December 19

Date	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19
<b>Breakfast</b>	WG Waffle Seasonal Fruit	Croissant Seasonal Fruit	Oatmeal Seasonal Fruit	French Toast Seasonal Fruit	Biscuit/Sausage Seasonal Fruit
<b>Lunch</b>	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 Kasha Steamed Vegetables Seasonal Fruit
<b>PM Snack</b>	Blueberry Muffin Seasonal Fruit	Cottage Cheese Pancakes	Carrot Cake Seasonal Fruit	Mini Bagel Cream Cheese Seasonal Fruit	Boiled Egg French Toast Stick

### Week 4 • December 22 – December 26

Date	Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26
<b>Breakfast</b>	Pocket Pancake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Apple Pound Cake Seasonal Fruit	Egg Omelet Seasonal Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy Triangles Seasonal Fruit	Pancakes Apple Sauce	Blueberry Muffin Seasonal Fruit

### Week 5 • December 29 – December 31

Date	Monday 12/29	Tuesday 12/30	Wednesday 12/31		
<b>Breakfast</b>	WG Waffle Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit		
<b>Lunch</b>	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		
<b>PM Snack</b>	Cheese Quesadillas Baby Carrots	WG Blueberry Square Seasonal Fruit	Yogurt Mini Puffs		

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

*childeats.com • prepared by petergofchicago.com*