

## ChildEats Dairy Free 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>	DF Rice Pudding Seasonal Fruit	DF French Toast Seasonal Fruit	DF Oatmeal Seasonal Fruit	Mini Bagel Seasonal Fruit	Egg Omelet Seasonal Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	Turkey Quesadillas Baby Carrots	DF WG Blueberry Square Seasonal Fruit	DF Carrot Cake Seasonal Fruit	DF French Toast Sticks Seasonal Fruit	Waffle Seasonal Fruit

### 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>	DF Cream of Wheat Seasonal Fruit	DF French Toast Seasonal Fruit	DF Oatmeal Seasonal Fruit	Mini Bagel Seasonal Fruit	Egg Omelet Seasonal Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	Turkey Wedges Cucumber Sticks	DF WG Banana Bread Seasonal Fruit	Turkey Quesadillas Baby Carrots	Turkey Triangles Seasonal Fruit	Mini Bagel Applesauce

### 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>	DF Rice Pudding Seasonal Fruit	Mini Bagel Seasonal Fruit	DF Oatmeal Seasonal Fruit	DF French Toast Seasonal Fruit	Egg Omelet Seasonal Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	DF Apple Pound Cake Seasonal Fruit	DF Pancakes Seasonal Fruit	DF Carrot Cake Seasonal Fruit	Mini Bagel Seasonal Fruit	Boiled Egg DF 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>	DF Cream of Wheat Seasonal Fruit	DF French Toast Seasonal Fruit	DF Oatmeal Seasonal Fruit	DF Apple Pound Cake Seasonal Fruit	Egg Omelet Seasonal Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	Turkey Wedges Cucumber Sticks	Mini Bagel Applesauce	WG Turkey Triangles Seasonal Fruit	DF Pancakes Seasonal Fruit	DF WG Banana Bread Seasonal Fruit

### Week 5 • December 29 – December 31

Date	Monday 12/29	Tuesday 12/30	Wednesday 12/31		
<b>Breakfast</b>	DF Rice Pudding Seasonal Fruit	DF French Toast Seasonal Fruit	DF Oatmeal Seasonal Fruit		
<b>Lunch</b>	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		
<b>PM Snack</b>	Turkey Quesadillas Baby Carrots	DF WG Blueberry Square Seasonal Fruit	DF Carrot Cake Seasonal Fruit		

*Note: All fruits are subject to seasonal availability. [childeats.com](http://childeats.com) • prepared by [petergofchicago.com](http://petergofchicago.com)*