

ChildEats Monthly Menu



Week 1 • December 1 – December 5

We serve organic Oberweis whole milk for children 1-2 yrs old and 1% milk to children 3 years and up

Date	Monday 12/01	Tuesday 12/02	Wednesday 12/03	Thursday 12/04	Friday 12/05
Breakfast	Rice Pudding Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Cheese Casserole & Seasonal Fruit
Soup	Oatmeal	Noodle	Purée Pumpkin	Borscht	Purée Cauliflower
Lunch	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 Vegetable Seasonal Fruit	Falafel WG Kasha Steamed Cauliflower Seasonal Fruit
PM Snack	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
Breakfast	Cream of Wheat Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	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 Kasha Beets Salad Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	WG 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
Breakfast	Rice Pudding Seasonal Fruit	Croissant Seasonal Fruit	Oatmeal Seasonal Fruit	Banana Bread Seasonal Fruit	Cheese Casserole Seasonal Fruit
Soup	Oatmeal	Noodle	Purée Cauliflower	Purée Pumpkin	Borscht
Lunch	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 WG Kasha Steamed Vegetables Seasonal Fruit
PM Snack	Blueberry Muffin Seasonal Fruit	Cottage Cheese Pancake	Carrot Cake Seasonal Fruit	Mini Bagel Cream Cheese	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
Breakfast	Cream of Wheat Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Blueberry Square Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	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 Kasha Beets Salad Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy Triangles Seasonal Fruit	Pancake Apple Sauce	Blueberry Muffin Seasonal Fruit

Week 5 • December 29 – December 31

Date	Monday 12/29	Tuesday 12/30	Wednesday 12/31		
Breakfast	Rice Pudding Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit		
Soup	Oatmeal	Noodle	Purée Pumpkin		
Lunch	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		
PM Snack	Cheese Quesadillas Baby Carrots	WG Blueberry Square Seasonal Fruit	Yogurt Mini Puffs		