

ChildEats Gluten Free Menu



Week 1 • December 1 – December 5

Date	Monday 12/01	Tuesday 12/02	Wednesday 12/03	Thursday 12/04	Friday 12/05
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Oatmeal	Rice	Purée Pumpkin	Borscht	Purée Cauliflower
Lunch	GF Chicken Tenders Sweet Potato/Cornbread Cole Slaw Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese GF Pasta Steamed Broccoli Seasonal Fruit	GF Turkey Meatballs Herb Boiled Potato Cornbread Steamed Vegetables Seasonal Fruit	Chicken Kabob WG 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
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	Chicken Stew Roasted Potato/Cornbread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Mama's Bolognese GF Pasta Steamed Carrots Seasonal Fruit	GF Chicken Cloud Puffs Mashed Potato/Cornbread Steamed Cauliflower Seasonal Fruit	GF Chicken Meatloaf WG Kasha 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
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Oatmeal	Rice	Purée Cauliflower	Purée Carrot	Borscht
Lunch	GF Meatballs Marinara GF Pasta Garden Salad Seasonal Fruit	GF Chicken Tenders Sweet Potato/Corn Bread Cole Slaw Seasonal Fruit	Stir Baked Chicken Steamed Rice Steamed Broccoli Seasonal Fruit	GF Turkey Meatballs Herb Boiled Potato Corn Bread Cucumber Salad Seasonal Fruit	Chicken Kabob WG 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
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	Chicken Alfredo GF Pasta Steamed Carrots Seasonal Fruit	GF Chicken Cloud Puffs Mashed Potato/Cornbread Steamed Broccoli Seasonal Fruit	Chicken Kabob Steamed Rice Cole Slaw Seasonal Fruit	Chicken Stew Roasted Potato/Cornbread Garden Salad Seasonal Fruit	GF Chicken Meatloaf WG Kasha Steamed Cauliflower Seasonal Fruit

Week 5 • December 29 – December 31

Date	Monday 12/29	Tuesday 12/30	Wednesday 12/31		
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		
Soup	Oatmeal	Rice	Purée Pumpkin		
Lunch	GF Chicken Tenders Sweet Potato/Cornbread Cole Slaw Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese GF Pasta Steamed Broccoli Seasonal Fruit		

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