

## ChildEats Monthly Menu



### Week 1 • January 1 – January 2

Date				Thursday 01/01	Friday 01/02
Breakfast				Croissant Seasonal Fruit	Biscuit/Sausage Seasonal Fruit
Lunch				Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel Kasha Steamed Cauliflower Seasonal Fruit
PM Snack				French Toast Sticks Seasonal Fruit	Cottage Cheese Waffle

### Week 2 • January 5 – January 9

Date	Monday 01/05	Tuesday 01/06	Wednesday 01/07	Thursday 01/08	Friday 01/09
Breakfast	Pocket Pancake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Egg Omelet Seasonal Fruit
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 Pasta Steamed Vegetables Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	Cheese Quesadillas Baby Carrots	Cheesy Triangles Seasonal Fruit	Yogurt Mini Puffs

### Week 3 • January 12 – January 16

Date	Monday 01/12	Tuesday 01/13	Wednesday 01/14	Thursday 01/15	Friday 01/16
Breakfast	WG Waffle Seasonal Fruit	Croissant Seasonal Fruit	Oatmeal Seasonal Fruit	French Toast Seasonal Fruit	Biscuit/Sausage Seasonal Fruit
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 Kasha Steamed Vegetables Seasonal Fruit
PM Snack	Blueberry Muffin Seasonal Fruit	Cottage Cheese Pancakes	Carrot Cake Seasonal Fruit	Mini Bagel Cream Cheese Seasonal Fruit	Boiled Egg French Toast Stick

### Week 4 • January 19 – January 23

Date	Monday 01/19	Tuesday 01/20	Wednesday 01/21	Thursday 01/22	Friday 01/23
Breakfast	Pocket Pancake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Apple Pound Cake Seasonal Fruit	Egg Omelet Seasonal Fruit
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 Pasta Steamed Cauliflower Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy Triangles Seasonal Fruit	Pancakes Apple Sauce	Blueberry Muffin Seasonal Fruit

### Week 5 • January 26 – January 30

Date	Monday 01/26	Tuesday 01/27	Wednesday 01/28	Thursday 01/29	Friday 01/30
Breakfast	WG Waffle Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Biscuit/Sausage Seasonal Fruit
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 Vegetables Seasonal Fruit	Falafel 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

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

*childeats.com • prepared by petergofchicago.com*