

## ChildEats Monthly Menu



### Week 1 • January 1 – January 2

Date				Thursday 01/01	Friday 01/02
Lunch				Turkey Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob WG Kasha Steamed Cauliflower Seasonal Fruit

### Week 2 • January 5 – January 9

Date	Monday 01/05	Tuesday 01/06	Wednesday 01/07	Thursday 01/08	Friday 01/09
Lunch	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Mac N Cheese WG Pasta Steamed Vegetables Seasonal Fruit

### Week 3 • January 12 – January 16

Date	Monday 01/12	Tuesday 01/13	Wednesday 01/14	Thursday 01/15	Friday 01/16
Lunch	Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Stir Baked Chicken Steamed Rice Steamed Broccoli Seasonal Fruit	Turkey Meatballs Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Chicken Kabob WG Kasha Steamed Vegetables Seasonal Fruit

### Week 4 • January 19 – January 23

Date	Monday 01/19	Tuesday 01/20	Wednesday 01/21	Thursday 01/22	Friday 01/23
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs 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	Mac N Cheese WG Pasta Steamed Cauliflower Seasonal Fruit

### Week 5 • January 26 – January 30

Date	Monday 01/26	Tuesday 01/27	Wednesday 01/28	Thursday 01/29	Friday 01/30
Lunch	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	Turkey Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob WG Kasha Steamed Cauliflower Seasonal Fruit

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

*childeats.com • prepared by peterhofchicago.com*