

# ChildEats Liam Menu



## Week 1 • February 2-6

Date	Monday 2/02	Tuesday 2/03	Wednesday 2/04	Thursday 2/05	Friday 2/06
Lunch	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cabbage Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	EF Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Mac N Cheese WG Pasta Steamed Vegetables Seasonal Fruit

## Week 2 • February 9-13

Date	Monday 2/09	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13
Lunch	EF Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	EF Chicken Tenders Sweet Potato/WG Bread Cabbage Salad Seasonal Fruit	Stir Baked Chicken Steamed Rice Steamed Broccoli Seasonal Fruit	EF Turkey Meatballs Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Grilled Chicken Kasha Steamed Vegetables Seasonal Fruit

## Week 3 • February 16-20

Date	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	EF Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Grilled Chicken Steamed Rice Cabbage Salad Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Cauliflower Seasonal Fruit

## Week 4 • February 23-27

Date	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Lunch	EF Chicken Tenders Sweet Potato/WG Bread Cabbage Salad Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	EF Turkey Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Grilled Chicken Kasha Steamed Vegetables Seasonal Fruit

Date					
Lunch					

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