

# ChildEats Monthly Menu



## Week 1 • February 2-6

Date	Monday 2/02	Tuesday 2/03	Wednesday 2/04	Thursday 2/05	Friday 2/06
<b>Lunch</b>	Vegetable Meatballs Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Steamed Rice Cole Slaw Seasonal Fruit	Falafel WG Pasta Steamed Carrots Seasonal Fruit	Veggie Nuggets Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty 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
<b>Lunch</b>	Vegetable Meatballs WG Pasta Garden Salad Seasonal Fruit	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Falafel Steamed Rice Steamed Broccoli Seasonal Fruit	Veggie Nuggets Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Vegetable Patty 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
<b>Lunch</b>	Veggie Nuggets WG Pasta Steamed Carrots Seasonal Fruit	Vegetable Meatballs Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Falafel Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets 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
<b>Lunch</b>	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Vegetable Patty Steamed Rice Garden Salad Seasonal Fruit	Veggie Nuggets WG Pasta Steamed Broccoli Seasonal Fruit	Vegetable Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel Kasha Steamed Cauliflower Seasonal Fruit

Date					
<b>Lunch</b>					

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

*childeats.com • prepared by petergofchicago.com*