

# 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>Breakfast</b>	EF Pancake Seasonal Fruit	EF French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Mini Bagel Seasonal Fruit	EF Banana Bread Seasonal Fruit
<b>Lunch</b>	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Steamed Green Peas Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	EF Chicken Cloud Cuffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	EF Meatloaf Kasha Steamed Vegetables Seasonal Fruit
<b>PM Snack</b>	Melted Cheese Wedges Cucumber Sticks	EF WG Banana Bread Seasonal Fruit	WG Cheese Quesadillas Baby Carrots	Cheesy Turkey Triangles Seasonal Fruit	Yogurt Mini Bagel

## Week 2 • February 9-13

Date	Monday 2/09	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13
<b>Breakfast</b>	Rice Pudding Seasonal Fruit	Mini Bagel Seasonal Fruit	Oatmeal Seasonal Fruit	EF French Toast Seasonal Fruit	EF Carrot Cake Seasonal Fruit
<b>Lunch</b>	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
<b>PM Snack</b>	EF Apple Pound Cake Seasonal Fruit	Cottage Cheese WG Honey Cracker	WG Bug Bites Seasonal Fruit	Mini Bagel Cream Cheese Seasonal Fruit	Cheese Slice French Toast Stick

## Week 3 • February 16-20

Date	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
<b>Breakfast</b>	EF Pancake Seasonal Fruit	EF French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	EF Apple Pound Cake Seasonal Fruit	WG Cheerios Seasonal Fruit
<b>Lunch</b>	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	EF Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Grilled Chicken Steamed Rice Steamed Green Peas Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	EF Meatloaf Kasha Steamed Cauliflower Seasonal Fruit
<b>PM Snack</b>	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Bagel	WG Cheesy Turkey Triangles Seasonal Fruit	WG Bug Bites Seasonal Fruit	EF WG Banana Bread Seasonal Fruit

## Week 4 • February 23-27

Date	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
<b>Breakfast</b>	Rice Pudding Seasonal Fruit	EF French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Mini Bagel Seasonal Fruit	EF Blueberry Square Seasonal Fruit
<b>Lunch</b>	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 Cauliflower Seasonal Fruit	Grilled Chicken Kasha Steamed Vegetables Seasonal Fruit
<b>PM Snack</b>	Cheese Quesadillas Baby Carrots	EF WG Blueberry Square Seasonal Fruit	Yogurt Mini Bagel	EF French Toast Sticks Cream Cheese	Cottage Cheese EF Waffle

Date					
<b>Breakfast</b>					
<b>Lunch</b>					
<b>PM Snack</b>					

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

*childeats.com • prepared by peterhofchicago.com*