

# 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>		Pocket Pancake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Banana Bread Seasonal Fruit
<b>Lunch</b>	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 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	Blueberry Muffin Seasonal Fruit	Scrambled Eggs Seasonal Fruit	French Toast Seasonal Fruit
<b>Lunch</b>	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 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>Breakfast</b>		Pocket Pancake Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Apple Pound Cake Seasonal Fruit
<b>Lunch</b>	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 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	French Toast Seasonal Fruit	Scrambled Eggs Seasonal Fruit	WG Blueberry Square Seasonal Fruit
<b>Lunch</b>	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 Kasha Steamed Cauliflower Seasonal Fruit

Date					
<b>Breakfast</b>					
<b>Lunch</b>					

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

*childeats.com • prepared by peterofchicago.com*