

ChildEats Monthly Menu



Week 1 • February 2-6

Date	Monday 2/02	Tuesday 2/03	Wednesday 2/04	Thursday 2/05	Friday 2/06
Breakfast	DF Pancake Seasonal Fruit	DF French Toast Seasonal Fruit	DF Oatmeal Seasonal Fruit	Mini Bagel Seasonal Fruit	DF WG Banana Bread Seasonal Fruit
Lunch	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf DF Steamed Rice Cole Slaw Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs DF Mashed Potato WG Bread Steamed Cauliflower Seasonal Fruit	Meatloaf DF Kasha Steamed Vegetables Seasonal Fruit
PM Snack	Turkey Wedges Cucumber Sticks	DF WG Banana Bread Seasonal Fruit	Turkey Quesadillas Baby Carrots	Turkey Triangles Seasonal Fruit	Mini Bagel Applesauce

Week 2 • February 9-13

Date	Monday 2/09	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13
Breakfast	DF Rice Pudding Seasonal Fruit	Mini Bagel Seasonal Fruit	DF Oatmeal Seasonal Fruit	DF French Toast Seasonal Fruit	DF Carrot Cake Seasonal Fruit
Lunch	Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Stir Baked Chicken DF Steamed Rice Steamed Broccoli Seasonal Fruit	Turkey Meatballs DF Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Chicken Kabob DF Kasha Steamed Vegetables Seasonal Fruit
PM Snack	DF Apple Pound Cake Seasonal Fruit	DF Pancakes Seasonal Fruit	DF Carrot Cake Seasonal Fruit	Mini Bagel Seasonal Fruit	Boiled Egg DF French Toast Stick

Week 3 • February 16-20

Date	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
Breakfast	DF Pancake Seasonal Fruit	DF French Toast Seasonal Fruit	DF Oatmeal Seasonal Fruit	DF Apple Pound Cake Seasonal Fruit	WG Cheerios Seasonal Fruit
Lunch	Chicken Kabob WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs DF 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	Meatloaf DF Kasha Steamed Cauliflower Seasonal Fruit
PM Snack	Turkey Wedges Cucumber Sticks	Mini Bagel Applesauce	WG Turkey Triangles Seasonal Fruit	DF Pancakes Seasonal Fruit	DF 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
Breakfast	DF Rice Pudding Seasonal Fruit	DF French Toast Seasonal Fruit	DF Oatmeal Seasonal Fruit	Mini Bagel Seasonal Fruit	DF WG Blueberry Square Seasonal Fruit
Lunch	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Chicken Fajitas DF Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	Turkey Meatballs DF Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob DF Kasha Steamed Cauliflower Seasonal Fruit
PM Snack	Turkey Quesadillas Baby Carrots	DF WG Blueberry Square Seasonal Fruit	DF Carrot Cake Seasonal Fruit	DF French Toast Sticks Seasonal Fruit	Waffle Seasonal Fruit

Date					
Breakfast					
Lunch					
PM Snack					

Note: All fruits are subject to seasonal availability.

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