

## ChildEats Monthly Menu



### Week 1 • February 2 – February 6

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

### Week 2 • February 9 – February 13

| Date  | Monday<br>2/09                                                   | Tuesday<br>2/10                                                         | Wednesday<br>2/11                                                        | Thursday<br>2/12                                                                    | Friday<br>2/13                                                 |
|-------|------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------|
| Lunch | Meatballs Marinara<br>WG Pasta<br>Garden Salad<br>Seasonal Fruit | Chicken Tenders<br>Sweet Potato/WG Bread<br>Cole Slaw<br>Seasonal Fruit | Stir Baked Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Seasonal Fruit | Turkey Meatballs<br>Herb Boiled Potato<br>WG Bread Cucumber Salad<br>Seasonal Fruit | Chicken Kabob<br>Kasha<br>Steamed Vegetables<br>Seasonal Fruit |

### Week 3 • February 16 – February 20

| Date  | Monday<br>2/16                                                   | Tuesday<br>2/17                                                                     | Wednesday<br>2/18                                            | Thursday<br>2/19                                                          | Friday<br>2/20                                                    |
|-------|------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------|
| Lunch | Chicken Alfredo<br>WG Pasta<br>Steamed Carrots<br>Seasonal Fruit | Chicken Cloud Puffs<br>Mashed Potato/WG Bread<br>Steamed Broccoli<br>Seasonal Fruit | Chicken Kabob<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Chicken Stew<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Mac N Cheese<br>WG Pasta<br>Steamed Cauliflower<br>Seasonal Fruit |

### Week 4 • February 23- February 27

| Date  | Monday<br>2/23                                                          | Tuesday<br>2/24                                                   | Wednesday<br>2/25                                                  | Thursday<br>2/26                                                                           | Friday<br>2/27                                                  |
|-------|-------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Lunch | Chicken Tenders<br>Sweet Potato/WG Bread<br>Cole Slaw<br>Seasonal Fruit | Chicken Fajitas<br>Steamed Rice<br>Garden Salad<br>Seasonal Fruit | Mama's Bolognese<br>WG Pasta<br>Steamed Broccoli<br>Seasonal Fruit | Turkey Meatballs<br>Herb Boiled Potato<br>WG Bread<br>Steamed Vegetables<br>Seasonal Fruit | Chicken Kabob<br>Kasha<br>Steamed Cauliflower<br>Seasonal Fruit |

| Date  |  |  |  |  |  |
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| Lunch |  |  |  |  |  |

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

*childeats.com • prepared by petergofchicago.com*