

ChildEats Gluten Free Menu



Week 1 • February 2-6

| Date | Monday 2/02 | Tuesday 2/03 | Wednesday 2/04 | Thursday 2/05 | Friday 2/06 |
|--------------|---|--|---|--|---|
| Lunch | Chicken Stew Roasted Potato/Cornbread Garden Salad Seasonal Fruit | Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit | Mama's Bolognese GF Pasta Steamed Carrots Seasonal Fruit | GF Chicken Cloud Puffs Mashed Potato/Cornbread Steamed Cauliflower Seasonal Fruit | GF Chicken Meatloaf WG Kasha Steamed Vegetables Seasonal Fruit |

Week 2 • 9-13

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

Week 3 • 16-20

| Date | Monday 2/16 | Tuesday 2/17 | Wednesday 2/18 | Thursday 2/19 | Friday 2/20 |
|--------------|--|---|--|--|--|
| Lunch | Chicken Alfredo GF Pasta Steamed Carrots Seasonal Fruit | GF Chicken Cloud Puffs Mashed Potato/Cornbread Steamed Broccoli Seasonal Fruit | Chicken Kabob Steamed Rice Cole Slaw Seasonal Fruit | Chicken Stew Roasted Potato/Cornbread Garden Salad Seasonal Fruit | GF Chicken Meatloaf WG Kasha Steamed Cauliflower Seasonal Fruit |

Week 4 • 23-27

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

| Date | | | | | |
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Note: All fruits are subject to seasonal availability. childeats.com • prepared by petergofchicago.com