

# 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>Soup</b>	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
<b>Lunch</b>	Mozzarella Stick Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Steamed Rice Cole Slaw Seasonal Fruit	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Omelet Slider Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty 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>Soup</b>	Oatmeal	Chicken Noodle	Purée Cauliflower	Purée Carrot	Borscht
<b>Lunch</b>	Mac N Cheese WG Pasta Garden Salad Seasonal Fruit	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Falafel Steamed Rice Steamed Broccoli Seasonal Fruit	Omelet Slider Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Vegetable Patty WG 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>Soup</b>	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
<b>Lunch</b>	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets 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>Soup</b>	Oatmeal	Chicken Noodle	Purée Pumpkin	Borscht	Purée Cauliflower
<b>Lunch</b>	Omelet Slider Sweet Potato WG Bread Cole Slaw Seasonal Fruit	Mozzarella Stick Steamed Rice Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Broccoli Seasonal Fruit	Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel WG Kasha Steamed Cauliflower Seasonal Fruit

Date					
<b>Soup</b>					
<b>Lunch</b>					

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

*childeats.com • prepared by peterhofchicago.com*