

# ChildEats – Children’s Land Monthly Menu



We serve organic Oberweis whole milk for children 1-2 yrs old and 1% milk to children 3 years and up

## Week 1 • February 2-6

Date	Monday 2/02	Tuesday 2/03	Wednesday 2/04	Thursday 2/05	Friday 2/06
Breakfast	Cream of Wheat Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	Chicken Stew Roasted Potato WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Chicken Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato WG Bread Steamed Cauliflower Seasonal Fruit	Chicken Meatloaf WG Kasha Beets Salad Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	WG Banana Bread Seasonal Fruit	WG Cheese Quesadillas Baby Carrots	Cheesy Turkey Triangles Seasonal Fruit	Yogurt Mini Puffs

## Week 2 • February 9-13

Date	Monday 2/09	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13
Breakfast	Rice Pudding Seasonal Fruit	Croissant Seasonal Fruit	Oatmeal Seasonal Fruit	French Toast Seasonal Fruit	Cheese Casserole Seasonal Fruit
Soup	Oatmeal	Chicken Noodle	Purée Cauliflower	Purée Carrot	Borscht
Lunch	Chicken 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 WG Kasha Steamed Vegetables Seasonal Fruit
PM Snack	Blueberry Muffin Seasonal Fruit	Cottage Cheese Pancakes	WG Carrot Cake Seasonal Fruit	Mini Bagel & Cream Cheese Seasonal Fruit	Boiled Egg 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	Cream of Wheat Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Apple Pound Cake Seasonal Fruit	Egg Omelet Seasonal Fruit
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	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	Chicken Meatloaf WG Kasha Beets Salad Seasonal Fruit
PM Snack	Melted Cheese Wedges Cucumber Sticks	Yogurt Mini Puffs	WG Cheesy Turkey Triangles Seasonal Fruit	Pancakes Apple Sauce	Blueberry Muffin Seasonal Fruit

## Week 4 • February 23-27

Date	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Breakfast	Rice Pudding Seasonal Fruit	French Toast Seasonal Fruit	Oatmeal Seasonal Fruit	Croissant Seasonal Fruit	Cheese Casserole Seasonal Fruit
Soup	Oatmeal	Chicken Noodle	Purée Pumpkin	Borscht	Purée Cauliflower
Lunch	Chicken Tenders Sweet Potato WG Bread Cole Slaw Seasonal Fruit	Chicken Fajitas Steamed Rice Garden Salad Seasonal Fruit	Chicken Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	Turkey Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob WG Kasha Steamed Cauliflower Seasonal Fruit
PM Snack	Cheese Quesadillas Baby Carrots	WG Blueberry Square Seasonal Fruit	Yogurt Mini Puffs	French Toast Sticks Seasonal Fruit	Cottage Cheese Waffle

Date					
Breakfast					
Soup					
Lunch					
PM Snack					

Note: All fruits are subject to seasonal availability. [childeats.com](http://childeats.com) • prepared by [petergofchicago.com](http://petergofchicago.com)