

# ChildEats Monthly Menu



## Week 1 • February 2-6

| Date             | Monday<br>2/02  | Tuesday<br>2/03  | Wednesday<br>2/04   | Thursday<br>2/05   | Friday<br>2/06  |
|------------------|---|--|---|--|---|
| <b>Breakfast</b> |   | Sweet Cheese Crepes<br>Seasonal Fruit                        | Oatmeal<br>Seasonal Fruit   |  | Egg Omelet<br>Seasonal Fruit                          |
| <b>Soup</b>      | Lentil  | Chicken Noodle   | Fresh Cabbage   | Split Pea  | Rice  |
| <b>Lunch</b>     | Beef Stew<br>Sauteed 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 | Meatloaf<br>WG Kasha<br>Beets Salad<br>Seasonal Fruit |

## Week 2 • February 9-13

| Date             | Monday<br>2/09  | Tuesday<br>2/10  | Wednesday<br>2/11   | Thursday<br>2/12   | Friday<br>2/13  |
|------------------|---|--|---|--|---|
| <b>Breakfast</b> |   | French Toast<br>Seasonal Fruit                             | Oatmeal<br>Seasonal Fruit   |  | Cheese Casserole<br>Seasonal Fruit                                |
| <b>Soup</b>      | Oatmeal   | Chicken Noodle   | Purée Cauliflower   | Hearty Pickle & Barley   | Borscht   |
| <b>Lunch</b>     | Beef Stroganoff<br>WG Pasta<br>Garden Salad<br>Seasonal Fruit | Chicken Tenders<br>WG Kasha<br>Cole Slaw<br>Seasonal Fruit | BBQ Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Seasonal Fruit | Turkey Meatballs<br>Herb Boiled Potato<br>WG Bread<br>Cucumber Salad<br>Seasonal Fruit | Chicken Kabob<br>WG Kasha<br>Steamed Vegetables<br>Seasonal Fruit |

## Week 3 • February 16-20

| Date             | Monday<br>2/16   | Tuesday<br>2/17   | Wednesday<br>2/18  | Thursday<br>2/19  | Friday<br>2/20  |
|------------------|--|---|--|---|---|
| <b>Breakfast</b> |  | Sweet Cheese Crepes<br>Seasonal Fruit   | Oatmeal<br>Seasonal Fruit                                    |   | Egg Omelet<br>Seasonal Fruit                          |
| <b>Soup</b>      | Minestrone   | Chicken Noodle  | Split Pea  | Fresh Cabbage   | Rice  |
| <b>Lunch</b>     | Beef Meatballs Marinara<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>Sauteed Potato WG Bread<br>Garden Salad<br>Seasonal Fruit | Meatloaf<br>WG Kasha<br>Beets Salad<br>Seasonal Fruit |

## Week 4 • February 23-27

| Date             | Monday<br>2/23   | Tuesday<br>2/24   | Wednesday<br>2/25  | Thursday<br>2/26   | Friday<br>2/27   |
|------------------|--|---|--|--|--|
| <b>Breakfast</b> |  | French Toast<br>Seasonal Fruit                                    | Oatmeal<br>Seasonal Fruit  |  | Cheese Casserole<br>Seasonal Fruit                                 |
| <b>Soup</b>      | Oatmeal  | Chicken Noodle  | Minestrone   | Borscht  | Hearty Pickle & Barley   |
| <b>Lunch</b>     | Chicken Tenders<br>WG Kasha<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>WG Kasha<br>Steamed Cauliflower<br>Seasonal Fruit |

| Date             |  |  |  |  |  |
|------------------|--|--|--|--|--|
| <b>Breakfast</b> |  |  |  |  |  |
| <b>Soup</b>      |  |  |  |  |  |
| <b>Lunch</b>     |  |  |  |  |  |

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