

ChildEats Monthly Menu



Week 1 • February 2-6

Date	Monday 2/02	Tuesday 2/03	Wednesday 2/04	Thursday 2/05	Friday 2/06
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
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 • February 9-13

Date	Monday 2/09	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Oatmeal	Rice	Purée Cauliflower	Purée Carrot	Borscht
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 • February 16-20

Date	Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
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 • February 23-27

Date	Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Breakfast		WG Cheerios Seasonal Fruit	Oatmeal Seasonal Fruit		Egg Omelet Seasonal Fruit
Soup	Oatmeal	Rice	Purée Pumpkin	Borscht	Purée Cauliflower
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					
Breakfast					
Soup					
Lunch					

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