

ChildEats Monthly Menu



Week 1 • March 2-6

Date	Monday 3/02	Tuesday 3/03	Wednesday 3/04	Thursday 3/05	Friday 3/06
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	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Mac N Cheese WG Pasta Steamed Vegetables Seasonal Fruit

Week 2 • March 9-13

Date	Monday 3/09	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Soup	Oatmeal	Chicken Noodle	Purée Cauliflower	Purée Carrot	Borscht
Lunch	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 Kasha Steamed Vegetables Seasonal Fruit

Week 3 • March 16-20

Date	Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20
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	Mac N Cheese WG Pasta Steamed Cauliflower Seasonal Fruit

Week 4 • March 23-27

Date	Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
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	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	Turkey Meatballs Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob Kasha Steamed Cauliflower Seasonal Fruit

Week 5 • March 30-31

Date	Monday 3/30	Tuesday 3/31			
Soup	Purée Pumpkin	Purée Cauliflower			
Lunch	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit			

Note: All fruits are subject to seasonal availability.

childeats.com • prepared by peterhofchicago.com