

## ChildEats Monthly Menu



### Week 1 • July 28 – August 1

Date	Monday 07/28	Tuesday 07/29	Wednesday 07/30	Thursday 07/31	Friday 08/01
Lunch					Chicken Kabob Kasha Steamed Vegetables Seasonal Fruit

### Week 2 • August 3 – August 8

Date	Monday 08/03	Tuesday 08/04	Wednesday 08/05	Thursday 08/07	Friday 08/08
Lunch	Chicken Alfredo WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Broccoli Seasonal Fruit

### Week 3 • August 11 – August 15

Date	Monday 08/11	Tuesday 08/12	Wednesday 08/13	Thursday 08/14	Friday 08/15
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 4 • August 18 – August 22

Date	Monday 08/18	Tuesday 08/19	Wednesday 08/20	Thursday 08/21	Friday 08/22
Lunch	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf Steamed Rice Cole Slaw Seasonal Fruit	Chicken Alfredo 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 5 • August 25 – August 29

Date	Monday 08/25	Tuesday 08/26	Wednesday 08/27	Thursday 08/28	Friday 08/29
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

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

*childeats.com • prepared by petergofchicago.com*