

ChildEats Vegetarian Menu



Week 1 • July 28 – August 1

Date	Monday	Tuesday	Wednesday	Thursday	Friday 08/01
Lunch					Vegetable Patty Kasha Steamed Vegetables Seasonal Fruit

Week 2 • August 4 – August 8

Date	Monday 08/04	Tuesday 08/05	Wednesday 08/06	Thursday 08/07	Friday 08/08
Lunch	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Kasha 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	Omelet Slider Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Mozzarella Stick Steamed Rice Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Broccoli Seasonal Fruit	Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel 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	Mozzarella Stick Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Steamed Rice Cole Slaw Seasonal Fruit	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Omelet Slider Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty Kasha 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	Mac N Cheese WG Pasta Garden Salad Seasonal Fruit	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Falafel Steamed Rice Steamed Broccoli Seasonal Fruit	Omelet Slider Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Vegetable Patty Kasha Steamed Vegetables Seasonal Fruit

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