

ChildEats Vegetarian Menu



Week 1 • September 01 – September 05

Date	Monday 09/01	Tuesday 09/02	Wednesday 09/03	Thursday 09/04	Friday 09/05
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 2 • September 08 – September 12

Date	Monday 09/08	Tuesday 09/09	Wednesday 09/10	Thursday 09/11	Friday 09/12
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 3 • September 15 – September 19

Date	Monday 09/15	Tuesday 09/16	Wednesday 09/17	Thursday 09/18	Friday 09/19
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 4 • September 22 – September 26

Date	Monday 09/22	Tuesday 09/23	Wednesday 09/24	Thursday 09/25	Friday 09/26
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

Week 5 • September 29– September 30

Date	Monday 09/29	Tuesday 09/30			
Lunch	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit			

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