

ChildEats Monthly Menu



Week 1 • January 1 – January 2

Date				Thursday 01/01	Friday 01/02
Lunch				Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel Kasha Steamed Cauliflower Seasonal Fruit

Week 2 • January 5 – January 9

Date	Monday 01/05	Tuesday 01/06	Wednesday 01/07	Thursday 01/08	Friday 01/09
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 WG Pasta Steamed Vegetables Seasonal Fruit

Week 3 • January 12 – January 16

Date	Monday 01/12	Tuesday 01/13	Wednesday 01/14	Thursday 01/15	Friday 01/16
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 4 • January 19 – January 23

Date	Monday 01/19	Tuesday 01/20	Wednesday 01/21	Thursday 01/22	Friday 01/23
Lunch	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Broccoli Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets WG Pasta Steamed Cauliflower Seasonal Fruit

Week 5 • January 26 – January 30

Date	Monday 01/26	Tuesday 01/27	Wednesday 01/28	Thursday 01/29	Friday 01/30
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

Note: All fruits are subject to seasonal availability.

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