



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 03.25.2019	Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29
A.M. Snack	Whole Grain Waffles Frozen Blueberries Allergy: Gluten-Free Waffles Frozen Blueberries Infants: Frozen Blueberries	Turkey Ham & Cheese Bagel Fresh Pears Allergy: Turkey Ham on Gluten-Free Toast Fresh Pears Infants: Diced Pears in Juice	Whole Grain Pancakes Fresh Oranges Allergy: Gluten-Free Pancakes Fresh Oranges Infants: Mandarin Oranges	Egg and Cheese Biscuit Frozen Strawberries Allergy: Turkey Sausage on Gluten-Free Bread Frozen Strawberries Infants: Frozen Strawberries	Whole Grain Cheerios Fresh Bananas Allergy: Gluten-Free Whole Grain Cheerios Fresh Bananas Infants: Fresh Bananas
Lunch	Spaghetti w/Meat Sauce Steamed Broccoli Frozen Peaches Allergy: Gluten-Free Spaghetti w/Meat Sauce Steamed Broccoli Frozen Peaches Infants: Steamed Broccoli Frozen Peaches	Smothered Chicken Tenders w/Gravy Garlic Mashed Potatoes Steamed Asparagus Fresh Bananas Allergy: Rosemary Chicken Tenders $\frac{1}{2}$ Baked potato Steamed Asparagus Fresh Bananas Infants: Fresh Bananas	Salsa Rice Burritos Spinach & Tomato Salad Fresh Apples Allergy: Gluten-Free Salsa Rice Corn Tortilla Spinach & Tomato Salad Fresh Apples Infants: Applesauce	Barbeque Chicken Sandwich Coleslaw Fresh Cantaloupe Allergy: Barbeque Chicken Sandwich on Gluten-Free Bread Garden Green Salad Fresh Cantaloupe Infants: Sweet Peas Fresh Cantaloupe	Turkey Bacon Supreme Pizza Steamed Corn Mixed Berries Allergy: Gluten-Free Turkey Bacon Pizza Steamed Corn Mixed Berries Infants: Mixed Berries
P.M. Snack	Sweet Potato Crackers Mixed Fruit Cup Allergy: Gluten-Free Rice Crackers Mixed Fruit Cup Infants: Mixed Fruit Cup	Cereal Bar Plain Yogurt Allergy: Gluten-Free Cookies Frozen Strawberries Infants: Plain Yogurt	Graham Crackers Mango Fruit Cups Allergy: Gluten-Free Veggie Chips Mango Fruit Cups Infants: Graham Crackers	Cucumber Salsa Corn Tortilla Chips Allergy: Gluten-Free Corn Tortilla Chips Cucumber Salsa Infants: Cucumber Salsa Soft Corn Tortilla	Macaroni Pasta Salad Cheese Sticks Allergy: Gluten-Free Macaroni Pasta Salad Fresh Carrots Infants: Steamed Carrots

Note: Whole Milk for Infants & Toddlers. 1% Milk for Early Preschool, Preschool, Kindergarten Prep, & Camp when present.

Note: Fruits will be fresh, frozen or packed in fruit juice.

Note: Menu subject to change based on availability.