



# Jeannette Cathy Children's Center Weekly Menu



**Menu Prepared By: Sandra Strother, Kitchen Manager**

**Approved by: Gemorial Johnson, Director**

| Week:<br>02.11.2019 | Monday<br>February 11   | Tuesday<br>February 12   | Wednesday<br>February 13   | Thursday<br>February 14  | Friday<br>February 15  |
|---------------------|---|--|--|--|--|
| <b>A.M. Snack</b>   | Whole Grain Waffles<br>Frozen Strawberries<br><br><b>Allergy:</b><br>Gluten-Free Waffles<br>Frozen Strawberries<br><br>Infants: Frozen Strawberries                 | Cheese Grits<br>Turkey Sausage<br>Fresh Pears<br><b>Allergy:</b><br>Grits<br>Turkey Sausage<br>Fresh Pears<br><br>Infants: Diced Pears in Juice  | Bagels w/ Apple Butter<br>Apricots<br><br><b>Allergy:</b><br>Gluten-Free French Toast<br>Apricots<br><br>Infants: Apricots   | Blueberry Muffins<br>Fresh Bananas<br><br><b>Allergy:</b><br>Gluten-Free Pancakes<br>Fresh Bananas<br><br>Infants: Fresh Bananas   | Corn Flakes<br>Frozen Peaches<br><br><b>Allergy:</b><br>Gluten-Free Corn Cereal<br>Frozen Peaches<br><br>Infants: Frozen Peaches   |
| <b>Lunch</b>        | Chicken Chili<br>Corn Muffins<br>Pineapples<br><br><b>Allergy:</b><br>Gluten-Free Chicken Noodle Soup<br>Gluten-Free Bread<br>Pineapples<br><br>Infants: Pineapples | Turkey Cheese Burger Deluxe<br>Roasted Potatoes w/peppers<br>Fresh Cantaloupe<br><br><b>Allergy:</b><br>Turkey Burger Deluxe on Gluten-Free Bread<br>Roasted Potatoes w/Peppers<br>Fresh Cantaloupe<br><br>Infants: Fresh Cantaloupe | Chicken and Ravioli<br>Carbonara<br>Steamed Corn<br>Mixed Berries<br><br><b>Allergy:</b><br>Gluten-Free Chicken Alfredo<br>Steamed Corn<br>Mixed Berries<br><br>Infants: Mixed Berries | Turkey Ham Sliders<br>Steamed Broccoli<br>Tropical Fruit<br><br><b>Allergy:</b><br>Turkey Ham Slider on Gluten-Free Bread<br>Steamed Broccoli<br>Tropical Fruit<br><br>Infants: Tropical Fruit | Three Cheese Pizza<br>Roasted Zucchini<br>Fresh Oranges<br><br><b>Allergy:</b><br>Gluten-Free Vegetarian Pizza<br>Roasted Zucchini<br>Fresh Oranges<br><br>Infants: Mandarin Oranges |
| <b>P.M. Snack</b>   | Apple Slices<br>Cheese Sticks<br><br><b>Allergy:</b><br>Dairy-Free Cheese Slices<br>Apple Slices<br><br>Infants: Sliced Cheese Applesauce                           | Granola<br>Vanilla Yogurt<br><br><b>Allergy:</b><br>Gluten- Free Cereal Bar<br>Fresh Bananas<br><br>Infants: Graham Crackers   | Cinnamon Breadsticks<br>Applesauce<br><br><b>Allergy:</b><br>Cinnamon Toast<br>Gluten-Free Bread<br>Applesauce<br><br>Infants: Applesauce  | Chicken Salad<br>Whole Grain Pita Chips<br><br><b>Allergy:</b><br>Chicken Sandwich on Gluten-Free Bread<br><br>Infants: Chicken Salad  | Wheat Crackers<br>Mixed Fruit Cup<br><br><b>Allergy:</b><br>Gluten-Free Crackers<br>Mixed Fruit Cup<br><br>Infants: Wheat Crackers   |

**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.