



# Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 10.21.2019	Monday October 21	Tuesday October 22	Wednesday October 23	Thursday October 24	Friday October 25
<b>Breakfast</b>	Whole Grain Cheerios Frozen Raspberries  Allergy: Gluten-Free Corn Cereal Frozen Raspberries  Infants: Frozen Raspberries	Breakfast Bowl Whole Grain Toast Sliced Oranges  Allergy: Gluten-Free Toast & Turkey Sausage Sandwich Sliced Oranges  Infants: Sliced Oranges	Raisin Bran Muffins Sliced Apples  Allergy: Glute-Free Muffins Sliced Apples  Infants: Applesauce	Home-Style Turkey Sausage Gravy & Biscuits Frozen Peaches  Allergy: Gluten-Free Toast Turkey Bacon Frozen Peaches  Infants: Frozen Peaches	Bagels Frozen Blackberries  Allergy: Gluten-Free Cinnamon Toast Frozen Blackberries  Infants: Frozen Blackberries
<b>Lunch</b>	Turkey Pepperoni Pizza Chili Roasted Broccoli Fresh Cantaloupe  Allergy: Turkey Pepperoni Pizza Chili w/Gluten-Free Bread & Dairy-Free Cheese Roasted Broccoli Fresh Cantaloupe Meatless Crumbles Infants: Cantaloupe	Tilapia w/Italian Vegetables Whole Grain Brown Rice Frozen Mango  Allergy: Chicken w/Italian Vegetables Whole Grain Brown Rice Frozen Mango  Meatless Chicken Patties Infants: Frozen Mango	Ravioli w/Creamy Squash Sauce Sautéed Green Beans Fresh Honeydew  Allergy: Gluten-Free Pasta w/Creamy Squash Sauce & Dairy-Free Cheese Fresh Honeydew Meatless Chicken Dairy-Free Cheese Infants: Fresh Honeydew	Orange Chicken Wraps Steamed Carrots Frozen Strawberries  Allergy: Orange Chicken Sandwiches On Gluten-Free Bread Steamed Carrots Frozen Strawberries  Meatless Chicken Wraps Infants: Frozen Strawberries	Hearty Vegetable Soup Grilled Cheese Sandwich Pineapple Chunks  Allergy: Hearty Vegetable Soup Gluten-Free & Dairy-Free Grilled Cheese Sandwich Pineapple Chunks  Dairy-Free Cheese Infants: Crushed Pineapple
<b>P.M. Snack</b>	Graham Crackers Fresh Pears  Allergy: Gluten-Free Crackers Pear Fruit Cup  Infants: Pear Fruit Cup	Greek Vanilla Yogurt Frozen Blueberries  Allergy: Gluten-Free Fruit Bar Frozen Blueberries  Infants: Frozen Blueberries	Breadsticks Garden Vegetable Dip  Allergy: Gluten-Free Breadsticks Garden Vegetable Dip  Infants: Breadsticks Garden Vegetable Dip	Whole Wheat Crackers Colby Cheese Sticks  Allergy: Gluten-Free Crackers Dairy-Free Cheese Dairy-Free Cheese  Infants: Cheese Slices	$\frac{1}{2}$ Banana Sunflower Butter Cups  Allergy: $\frac{1}{2}$ Banana Sunflower Butter Cups  Infants: Sunflower Butter

**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.