

# What's on the Menu?

## JCCC TRADITIONAL AND **ALLERGY** MENU

Week of 4/15/24	MONDAY 4/15	TUESDAY 4/16	WEDNESDAY 4/17	THURSDAY 4/18	FRIDAY 4/19
<b>MORNING SNACK</b>	Whole Grain Waffles Apple Slices <b>Allergy:</b> Wheat & Gluten Free Waffle Apple Slices Infants/Toddlers: Applesauce	Blueberry Muffins Frozen Mango <b>Allergy:</b> Wheat & Gluten Free Blueberry Muffins Frozen Mango	Oatmeal Frozen Blueberries <b>Allergy:</b> Oatmeal Frozen Blueberries	Whole Grain Cheerios Mixed Berries <b>Allergy:</b> Gluten Free Cheerios Mixed Berries	Bagel w/ Cream Cheese Apricots <b>Allergy:</b> Rice Bread w/ Apple Butter Apricots
<b>LUNCH</b>	Cheese Burger Mac Garden Salad Frozen Peaches <b>Allergy:</b> Dairy Free Cheese Burger Mac w/ Gluten & Wheat Free Pasta Garden Salad Frozen Peaches	Teriyaki Chicken Steamed Broccoli Brown Rice Frozen Pineapple <b>Allergy:</b> Teriyaki Chicken Steamed Broccoli Brown Rice Frozen Pineapple	Turkey Meatloaf Steamed Carrots Whole Grain Dinner Rolls Fresh Honeydew Melon <b>Allergy:</b> Turkey Meatloaf Steamed Carrots Rice Bread Fresh Honeydew Melon	BBQ Chicken Tenders Mashed Potatoes Frozen Pineapple <b>Allergy:</b> BBQ Gluten Free Grilled Frozen Pineapple	Vegetarian Chili Corn Muffin Frozen Mango <b>Allergy:</b> Vegetarian Chili Whole Grain Brown Rice Frozen Mango
<b>AFTERNOON SNACK</b>	Fruit Cup Chex Mix <b>Allergy:</b> Fruit Cup Chex Mix	Spinach Dip & Corn Tortilla Chips <b>Allergy:</b> Dairy Free Spinach Dip & Corn Tortilla Chips	Cheese Sticks Wheat Crackers <b>Allergy:</b> Dairy Free Cheese Cauliflower Crackers	Yogurt Cups w/ Mango <b>Allergy:</b> Dairy Free Yogurt w/ Mango	Carrot Sticks Ranch <b>Allergy:</b> Carrot Sticks Sun Butter Cups Infants/Toddlers: Steamed Carrots

- ▶ All meals are baked, not fried
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, cheese, and beans
- ▶ Whole milk served to Infants and Toddlers
- ▶ 1% milk served to Early Preschool, Preschool, and Kindergarten Prep
- ▶ All meals served family style and are included in the tuition
- ▶ **Allergy Meals** Free From All Documented Allergens/Individually Plated on Red Plate