



# Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 11.12.2018	Monday November 12	Tuesday November 13	Wednesday November 14	Thursday November 15	Friday November 16
A.M. Snack	Rice Chex Fresh Bananas  Allergy: Gluten-Free Rice Chex Fresh Bananas  Infants: Fresh Bananas	Turkey Sausage Rolls w/Apple Butter Fresh Oranges  Allergy: Gluten-Free Toast w/Apple Butter Turkey Sausage Patties Fresh Oranges Infants: Mandarin Oranges	Cream of Wheat Frozen Peaches  Allergy: Gluten-Free Corn Cereal Frozen Peaches  Infants: Frozen Peaches	Blueberry Muffins Applesauce  Allergy: Gluten-Free Waffles Applesauce  Infants: Applesauce	Whole Grain Pancakes Turkey Bacon Eggs Frozen Strawberries Allergy: Gluten-Free Pancakes Turkey Bacon Egg Replacer Frozen Strawberries Infants: Frozen Strawberries
Lunch	Sweet Potato & Black Bean Soup Garden Salad Grilled Cheese Sandwich Fresh Pears Allergy: Sweet Potato & Black Bean Soup Garden Salad Gluten & Dairy-Free Grilled Cheese Sandwich Fresh Pears Infants: Green Beans Fresh Pears	Ground Turkey Shepherd's Pie Whole Grain Dinner Rolls Mixed Fruit  Allergy: Ground Turkey Shepherd's Pie Gluten-Free Bread Mixed Fruit  Infants: Mixed Fruit	Spaghetti w/Meat Sauce Roasted Asparagus Frozen Mango  Allergy: Gluten-Free Pasta w/Meat Sauce Roasted Asparagus Frozen Mango  Infants: Frozen Mango	Breaded Chicken w/Gravy Mashed Potatoes Green Beans Fresh Cantaloupe  Allergy: Chicken w/Gravy Mashed Potatoes Green Beans Fresh Cantaloupe  Infants: Fresh Cantaloupe	Veggie Pizza on Whole Grain Pita Bread Garlic Roasted Potato Wedges Fresh Honeydew  Allergy: Veggie Pizza on Gluten-Free Bread Garlic Roasted Potato Wedges Fresh Honeydew  Infants: Fresh Honeydew
P.M. Snack	Graham Crackers Sun Butter Cups Allergy: Gluten-Free Crackers Sun Butter Cups  Infants: Graham Crackers Sun Butter Cups	Fresh Broccoli Salad w/Raisins Wheat Crackers Allergy: Fresh Broccoli Salad w/Raisins Gluten-Free Chips  Infants: Parboiled Broccoli Salad w/Raisins Wheat Crackers	Chicken Salad Sliders  Allergy: Chicken Salad on Gluten- Free Bread w/Dairy-Free Mayo Infants: Chicken Salad Sliders	Banana Bread Fresh Carrot Sticks Allergy: Gluten-Free Bars Fresh Bananas  Infants: Banana Bread Parboiled Carrots	Fiesta Corn Muffins Cheese Sticks Allergy: Fiesta Corn Muffins Dairy-Free Cheese Slices  Infants: Fiesta Corn Muffins Cheese Slices

**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.