

What's on the Menu?

JCCC TRADITIONAL AND ALLERGY MENU

Week of 11/03/25	MONDAY 11/03	TUESDAY 11/04	WEDNESDAY 11/05	THURSDAY 11/06	FRIDAY 11/07
MORNING SNACK	Whole Grain Apple Zucchini Muffin Pears Allergy: Gluten-Free Muffin Pears	Rice Krispy Cereal Banana Allergy: Rice Krispy Cereal Banana	English Muffin Turkey Sausage Mixed Berries Allergy: Dairy & Gluten-Free English Muffin Turkey Sausage Mixed Berries	Whole Grain Oatmeal Strawberries Allergy: Gluten & Dairy-Free Oatmeal Strawberries	Whole Grain French Toast Mangos Allergy: Rice Bread Mangos
LUNCH	Chicken and Noodle Soup Naan Bread Mandarin Oranges Allergy: Gluten & Dairy Free Chicken and Pasta Rice Bread Mandarin Oranges	Cheese Quesadilla Mexican Street Corn Mangos Allergy: Gluten & Dairy-Free Cheese Quesadillas Mexican Street Corn Mangos	Chicken Alfredo w/ Broccoli Pineapples Allergy: Gluten & Dairy-Free Chicken Alfredo w/ Broccoli Pears	Turkey Meatloaf Mashed Potatoes Apricots Allergy: Turkey Meatloaf Mashed Potatoes Apricots	Turkey and Cheese Panini Roasted Sweet Potatoes Orange Slices Allergy: Gluten & Dairy-Free Turkey and Cheese Panini Rice Bread Roasted Sweet Potatoes Orange Slices Toddlers: Mandarin Oranges
AFTERNOON SNACK	Banana Bread Bites Milk Allergy: Banana Rice Bread Bites Water	Vanilla Yogurt W/ Strawberries Allergy: Dairy-Free Vanilla Yogurt W/ Strawberries	Salsa Pita Chips Allergy: Salsa Rice Bread	Apple Slices w/ Sun Butter Allergy: Apple Slices w/Sun Butter Water Toddlers: Soft Apples	Fresh Seasonal Fruit Milk Allergy: Fresh Seasonal Fruit Water

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