

# BRIGHT HORIZONS AT Jeannette Cathy Children's Center

## What's on the Menu?

### JCCC TRADITIONAL AND ALLERGY MENU

Week of 11/10/25	MONDAY 11/10	TUESDAY 11/11	WEDNESDAY 11/12	THURSDAY 11/13	FRIDAY 11/14
<b>MORNING SNACK</b>	Raisin Bread Applesauce Allergy: Gluten & Dairy-Free Cinnamon Toast Applesauce	Rice Chex Cereal Bananas Milk Allergy: Rice Chex Cereal Bananas	Whole Grain Banana Muffin Strawberries Allergy: Gluten-Free Banana Muffin Strawberries	Grits Peaches Allergy: Grits Peaches	Whole Grain Pancakes Raspberries Allergy: Gluten & Dairy-Free Pancakes Raspberries
<b>LUNCH</b>	Mac and Cheese Steamed Cabbage Peaches Allergy: Gluten & Dairy-Free Mac and Cheese Steamed Cabbage Peaches	Chicken Stir-Fry Mangos Allergy: Gluten-Free Chicken Stir-Fry Mangos	Cheese Pizza Sweet Potato Fries Pears Allergy: Gluten & Dairy-Free Cheese Pizza Sweet Potato Fries Pears	Spaghetti w/ Ground Turkey Garlic Toast Green Beans Grapefruit Allergy: Ground Turkey w/Gluten-Free Spaghetti Green Beans Rice Bread Grapefruit	Vegetable Soup Corn Muffin Apple Slices Allergy: Gluten-Free Vegetable Soup Rice Bread Apple Slices Toddlers: Soft Apples
<b>AFTERNOON SNACK</b>	Apple Slices w/ Sun Butter Allergy: Apple Slices w/ Sun Butter Toddlers: Soft Apples	Guacamole Pita Chips Allergy: Guacamole Rice Bread	Strawberry Bruschetta Allergy: Gluten & Dairy-Free Strawberries Rice Bread Toddlers: Biscuit W/ Strawberries	Turkey & Cheese Roll Up Pears Allergy: Dairy & Gluten-Free Turkey & Cheese Roll Up Pears	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