

# BRIGHT HORIZONS AT Jeannette Cathy Children's Center

## What's on the Menu?

### JCCC TRADITIONAL AND **ALLERGY** MENU

Week of 04/29/24	MONDAY 4/29	TUESDAY 4/30	WEDNESDAY 5/1	THURSDAY 5/2	FRIDAY 5/3
<b>MORNING SNACK</b>	French Toast Frozen Peaches <b>Allergy:</b> Rice Bread w/ Cinnamon Frozen Peaches	Cheerios Orange Slices <b>Allergy:</b> Cheerios Orange Slices Infants/Toddlers: Mandarin Oranges	Turkey Sausage Biscuit Apple Slices <b>Allergy:</b> Turkey Sausage w/ Rice Bread Apple Slices Infant/Toddlers: Applesauce	Bagel w/ Cream Cheese Mango <b>Allergy:</b> Rice Bread w/ Apple Butter Frozen Blueberries	Whole Grain Waffles Frozen Strawberries <b>Allergy:</b> Gluten & Wheat Free Waffles Frozen Strawberries
<b>LUNCH</b>	Chicken Nuggets Potato Fries Frozen Strawberries <b>Allergy:</b> Grill Nuggets Potato Fries Frozen Strawberries	Chicken Stir-fry Green Beans Brown Rice Apple Slices <b>Allergy:</b> Chicken Stir-fry Green Beans Brown Rice Apple Slices Infant/Toddlers: Applesauce	BBQ Chicken Pizza Green Salad Frozen Pineapple <b>Allergy:</b> BBQ Chicken Pizza on Rice Bread Green Salad Frozen Pineapple Infant/Toddlers: Pineapple Tidbits	Ground Turkey Nachos Spanish Rice Steamed Carrots Apricots <b>Allergy:</b> Ground Turkey Nachos Spanish Rice Steamed Carrots Apricots	Chicken w/ Mushroom Gravy Brown Rice Sweet Peas Bananas <b>Allergy:</b> Chicken w/ Mushroom Gravy Brown Rice Sweet Peas Bananas
<b>AFTERNOON SNACK</b>	Fruit Bars <b>Allergy:</b> Oat & Fruit Bars	Salsa Tortilla Chips <b>Allergy:</b> Salsa Tortilla Chips	Vanilla Yogurt Banana <b>Allergy:</b> Dairy Free Vanilla Yogurt Banana	Hummus Wheat Crackers <b>Allergy:</b> Hummus Cauliflower Crackers	Rice Chex Mix Fresh Pears <b>Allergy:</b> Rice Chex Mix Fresh Pears Infants/Toddlers: Diced Pears

- ▶ 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