



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

| Week: 10.14.2019 | Monday October 14 | Tuesday October 15 | Wednesday October 16 | Thursday October 17 | Friday October 18 |
|---------------------|---|---|---|---|--|
| Breakfast | Breakfast Pizza w/Homemade Turkey Sausage Pineapple Chunks Allergy: Gluten & Dairy-Free Pizza w/Turkey Sausage Pineapple Chunks Infants: Crushed Pineapple | Creamy Dreamy Grits Turkey Bacon Cheese Eggs Sliced Oranges Allergy: Creamy Dreamy Grits Turkey Bacon Sliced Oranges Infants: Mandarin Oranges | Loaded Hash Browns Mini Biscuits Frozen Blueberries Allergy: Loaded Hash Brown Gluten-Free Toast Frozen Blueberries Infants: Frozen Blueberries | Vegetable Quiche Whole Grain Toast Frozen Blackberries Allergy: Gluten-Free Waffles Frozen Blackberries Infants: Frozen Blackberries | Strawberry Muffins Fresh Bananas Allergy: Gluten-Free Bread w/Apple Butter Fresh Bananas Infants: Fresh Bananas |
| Lunch | Turkey Smoked Sausage Gumbo w/Vegetable Blend Corn Muffins Fresh Cantaloupe Allergy: Turkey Smoked Sausage Gumbo w/Vegetable Blend Gluten-Free Bread Fresh Cantaloupe Meatless Sausage Patties Infants: Fresh Cantaloupe | Savory Baked Chicken Roasted Red Potatoes Whole Grain Dinner Rolls Fresh Pears Allergy: Savory Baked Chicken Roasted Red Potatoes Gluten-Free Bread Fresh Pears Meatless Chicken Patties Infants and Toddlers: Diced Pears | Squash Casserole Baked Sweet Potatoes Sautéed Broccoli Buttermilk Corn Bread Baked Apples Allergy: Squash Casserole w/Dairy-Free Cheese Baked Sweet Potatoes Sautéed Broccoli Gluten-Free Bread Baked Apples Dairy-Free Vegetable Plate Infants: Baked Apples | Sesame Chicken in Sauce Whole Grain Brown Rice Roasted Green Beans Frozen Peaches Allergy: Chicken Tenders Whole Grain Brown Rice Roasted Green Beans Frozen Peaches Meatless Chicken strips Infants: Frozen Peaches | Turkey Salisbury Steak Hearty Alfredo Bake potatoes Garlic Herb Bread Sticks Fresh Sliced Apples Allergy: Turkey Salisbury Steak Baked Potatoes Gluten-Free Bread Sticks Fresh Sliced Apples Meatless Burger Pattie Infants: Applesauce |
| P.M. Snack | Strawberry Cream Cheese cups Graham Crackers Allergy: Fresh Bananas Gluten-Free Gram Crackers Infants: Graham Crackers | Kiwi & Cucumber Cups Whole Wheat Crackers Allergy: Kiwi & Cucumber Cups Gluten-Free Crackers Infants: Kiwi & Cucumber Cups | Sun Butter Cookies Vanilla Yogurt Cups Allergy: Gluten-Free Cookies Fresh Fruit Cup Infants: Sun Butter Cookies | Garden Salad Cups w/Tomatoes Whole Grain Bread Sticks Allergy: Garden Salad Cups w/Tomatoes Gluten Free Bread Sticks Infants: Spinach Dip | Veggie Pattie w/Cheese On English Muffin Sandwich Allergy: Veggie Pattie w/Dairy-Free Cheese Gluten-Free Bread Infants: Veggie Sandwich |

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.