



# Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 1.14.2019	Monday January 14	Tuesday January 15	Wednesday January 16	Thursday January 17	Friday January 18
<b>A.M. Snack</b>	Whole Grain Cheerios Frozen Strawberries  Allergy: Whole Grain Cheerios Frozen Strawberries  Infants: Frozen Strawberries	Creamy Grits Eggs Fresh Oranges Allergy: Creamy Grits Egg Replacer Fresh Oranges  Infants: Mandarin Oranges	Turkey Ham & Cheese English Muffins Fresh Pears Allergy: Turkey Ham & Dairy-Free Cheese on Gluten-Free Bread Fresh Pears  Infants: Diced Pears	Breakfast Pizza Bagels Frozen Blueberries Allergy: Gluten & Dairy-Free Pizza Toast Frozen Blueberries  Infants: Frozen Blueberries	Turkey Sausage Biscuit w/Apple Butter Fresh Bananas Allergy: Turkey Sausage Gluten-Free Toast w/Apple Butter Fresh Bananas Infants: Fresh Bananas
<b>Lunch</b>	Tomato & Basil Soup Grilled Cheese Sandwich Fresh Cantaloupe  Allergy: Tomato & Basil Soup Grilled Cheese Sandwich on Gluten-Free Bread w/Dairy-Free Cheese Fresh Cantaloupe  Infants: Fresh Cantaloupe	BBQ Chicken Peas & Carrots Whole Grain Brown Rice Frozen Peaches Allergy: BBQ Chicken Peas & Carrots Whole Grain Brown Rice Frozen Peaches  Infants: Frozen Peaches	Turkey Meatloaf w/Sauce Broccoli & Garlic Pasta Tropical Fruit Allergy: Turkey Meatloaf w/Sauce Broccoli & Garlic w/Gluten-Free Pasta Tropical Fruit  Infants: Tropical Fruit	Grilled Salmon w/Rosemary Mayo Roasted Asparagus Whole Grain Dinner Rolls Fresh Apples Allergy: Grilled Chicken w/Rosemary Dairy-Free Mayo Roasted Asparagus Gluten-Free Bread Fresh Apples  Infants: Applesauce	Creamy Chicken & Rice Green Beans w/Roasted Red Peppers Frozen Mango Allergy: Chicken w/Gluten-Free Pasta Green Beans w/Roasted Red Pepper Frozen Mango  Infants: Frozen Mango
<b>P.M. Snack</b>	Vanilla Yogurt Graham Crackers  Allergy: Gluten-Free Crackers Dairy-Free Cheese  Infants: Vanilla Yogurt Graham Crackers	Carrot Sticks w/Ranch Avocado Dip Allergy: Carrot Sticks w/Avocado Dip  Parboiled Carrots w/Ranch Avocado Dip	Chili Cheese Potato Wedges Allergy: Chili w/Dairy-Free Cheese Potato Wedges  Infants: Chili Cheese Potato Wedges	Garden Salad w/Dressing Whole Grain Bread Sticks Allergy: Garden Salad in Vinaigrette Gluten-Free Crackers  Infants: Green Pea Salad Whole Grain Bread Sticks	Cold Pasta Salad Cups Cheese Sticks Allergy: Gluten & Dairy-Free Cold Pasta Cups  Infants: Cold Pasta Cups 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.