



# Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Assistant Director

Week: 04/29/2019	Monday April 29	Tuesday April 30	Wednesday May 01	Thursday May 02	Friday May 03
<b>A.M. Snack</b>	Whole Grain Cheerios Fresh Bananas  <b>Allergy:</b> Gluten-Free Rice Chex Fresh Bananas  <b>Infants:</b> Whole Grain Cheerios Fresh Bananas	Smoked Turkey Sausage Biscuit Frozen Blueberries  <b>Allergy:</b> Gluten-Free Toast w/Smoke Sausage Frozen Blueberries  <b>Infants:</b> Frozen Blueberries	Rice Krispies Frozen Strawberries  <b>Allergy:</b> Gluten-Free Cereal Frozen Strawberries  <b>Infants:</b> Frozen Strawberries	Turkey Ham & Cheese English Muffins Mixed Berries <b>Allergy:</b> Gluten-Free Turkey Ham English Muffins Mixed Berries  <b>Infants:</b> Mixed Berries	Blueberry Pancakes Frozen Peaches  <b>Allergy:</b> Gluten-Free Pancakes Frozen Peaches  <b>Infants:</b> Frozen Peaches
<b>Lunch</b>	Fresh Vegetable Bean Soup Cheesy Corn Muffins Fresh Pears  <b>Allergy:</b> Gluten-Free Bread Vegetable Bean Soup Fresh Pears  <b>Infants:</b> Diced Pears in Juice	Chicken Parmesan Pizza Steamed Broccoli Frozen Mango  <b>Allergy:</b> Gluten-Free Chicken Pizza Steamed Broccoli Frozen Mango  <b>Infants:</b> Frozen Mango	Chicken & Rice Casserole Green Beans Frozen Peaches  <b>Allergy:</b> Chicken & Rice Casserole Green Beans Frozen Peaches  <b>Infants:</b> Frozen Peaches	Chicken Lo Mein w/Vegetables Fresh Cantaloupe  <b>Allergy:</b> Gluten-Free Chicken Lo Mein w/Vegetables Fresh Cantaloupe  <b>Infants:</b> Fresh Cantaloupe	Turkey Pepperoni & Cheese Wraps Green Beans Fresh Bananas <b>Allergy:</b> Gluten-Free Turkey Pepperoni & Dairy- Free Cheese Sandwich Green Beans Fresh Bananas  <b>Infants:</b> Fresh Bananas
<b>P.M. Snack</b>	Vanilla Yogurt Sweet Potato Crackers  <b>Allergy:</b> Gluten-Free Crackers Sun Butter  <b>Infants:</b> Vanilla Yogurt Sweet Potato Crackers	Seasoned Garden Salad Whole Grain Bread Stick  <b>Allergy:</b> Garden Salad Gluten-Free Bread Sticks  <b>Infant:</b> Pea Salad Whole Grain Bread Stick	Fresh Broccoli Ranch Dip  <b>Allergy:</b> Fresh Broccoli Dairy-Free Ranch Dip  <b>Infants:</b> Parboiled Broccoli	Whole Grain Pretzel Rods Sliced Oranges  <b>Allergy:</b> Gluten-Free Whole Grain Pretzel Rods Sliced Oranges  <b>Infants:</b> Mandarin Oranges	Fresh Red Pepper Hummus Fresh Carrot Sticks  <b>Allergy:</b> Fresh Carrot Sticks Fresh Red Pepper Hummus  <b>Infants:</b> Parboiled Carrots

**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.