



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 12.17.2018	Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21
A.M. Snack	Whole Grain Cheerios Frozen Strawberries Allergy: Rice Cereal Frozen Strawberries Infants: Frozen Strawberries	Whole Grain French Toast Applesauce Allergy: Gluten-Free French Toast Applesauce Infants: Applesauce	Creamy Oatmeal Frozen Blueberries Allergy: Gluten-Free Oatmeal Frozen Blueberries Infants: Frozen Blueberries	Turkey Ham & Biscuits Fresh Oranges Allergy: Turkey Ham Gluten-Free Toast Fresh Oranges Infants: Mandarin Oranges	Rice Chex Fresh Bananas Allergy: Rice Chex Fresh Bananas Infants: Rice Chex Fresh Bananas
Lunch	Turkey-A-Roni in Tomato Sauce Green Beans Fresh Pears Allergy: Turkey-A-Roni in Tomato Sauce Green Beans Gluten-Free Pasta Fresh Pears Infants: Diced Pears	Hearty Alfredo Potatoes w/Turkey & Broccoli Whole Grain Dinner Rolls Fresh Cantaloupe Allergy: Hearty Alfredo Potatoes w/Turkey & Broccoli in Dairy-Free Sauce Gluten-Free Bread Fresh Cantaloupe Infants: Fresh Cantaloupe	Stuffed Turkey Burger Bundles w/Gravy Sweet Peas Fresh Honeydew Allergy: Stuffed Turkey Burger Bundles Sweet Peas Fresh Honeydew Infants: Fresh Honeydew	Harvest Vegetable & Cheese Bake Whole Grain Brown Rice Mixed Fruit Allergy: Harvest Vegetable & Cheese Bake w/Dairy-Free Cheese Whole Grain Brown Rice Fresh Mixed Fruit Infants: Mixed Fruit	Chef Salad w/Turkey Ham, Turkey, Tomato, Lettuce, & Cheese Whole Grain Bread Sticks Fresh Apples Allergy: Chef Salad w/Turkey Ham, Turkey Lettuce, Tomatoes Dairy-Free Cheese Gluten-Free Bread Fresh Apples Infants: Applesauce
P.M. Snack	Mini Blueberry Muffins Vanilla Yogurt Allergy: Gluten-Free Cookies Mixed Fruit Cups Infants: Mixed Fruit Cups	Fresh Broccoli & Raisin Salad Whole Wheat Crackers Allergy: Dairy-Free Broccoli & Raisin Salad Rice Crackers Infants: Parboiled Broccoli & Carrot Salad	$\frac{1}{2}$ Chicken Sandwich Allergy: $\frac{1}{2}$ Chicken Sandwich On Gluten-Free Bread Infants: $\frac{1}{2}$ Chicken Sandwich	Graham Crackers Cheese Sticks Allergy: Rice Crackers Dairy-Free Cheese Slices Infants: Graham Crackers	Whole Grain Bread Sticks w/Pizza Sauce Allergy: Gluten-Free Bread Sticks w/Pizza Sauce Infants: Whole Grain Bread Sticks

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.