



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Center Director

Week: 02.05.2018	Monday February 05	Tuesday February 06	Wednesday February 07	Thursday February 08	Friday February 09
A.M. Snack	Whole Grain Waffles Mixed Berries Allergy: Gluten-Free Waffles Mixed Berries Infants: Mixed Berries	Turkey Ham & Biscuits Sliced Apples Allergy: Turkey Ham Gluten-Free Toast Fresh Pears Infants: Diced Pears In Juice	Creamy Grits Scrambled Eggs Orange Slices Allergy: Creamy Grits Egg Beaters Scrambled Eggs Fresh Cantaloupe Infants: Mandarin Oranges	Strawberry Soup Cinnamon Biscuits Allergy: Strawberry Soup Gluten-Free Cinnamon Toast Infants: Strawberry Soup	Rice Krispy Cereal Fresh Bananas Allergy: Gluten-Free Rice Krispy Cereal Fresh Bananas Infants: Fresh Bananas
Lunch	Chili Con Carne Whole Grain Brown Rice Mexican Corn Fresh Oranges Allergy: Chili Con Carne Whole Grain Brown Rice Mexican Corn Frozen Mango Infants: Mandarin Oranges	Chicken Noodle Soup Grilled Cheese Sandwich Garden Green Salad w/Tomatoes Fresh Honeydew Allergy: Chicken and Rice Soup Turkey Sandwich on Gluten- Free Bread Garden Green Salad w/Tomatoes Fresh Honeydew Infants: Steamed Broccoli Fresh Bananas	Loaded Baked Potatoes Green Beans Whole Grain Dinner Rolls Frozen Mango Allergy: Loaded Bake Potatoes Green Beans Gluten-Free Bread Frozen Mango Infants: Frozen Mango	Mandarin Chicken Salad Sandwich Pasta w/Spinach & Tomatoes Tropical Fruit Allergy: Mandarin Chicken Salad on Gluten-Free Bread Gluten-Free Pasta w/Spinach & Tomatoes Tropical Fruit Infants: Tropical Fruit	Meat Loaf w/Gravy Whole Grain Brown Rice Roasted Broccoli Baked Peaches Allergy: Meat Loaf Whole Grain Brown Rice Roasted Broccoli Baked Peaches Infants: Baked Peaches
P.M. Snack	Spinach & Artichoke Dip Wheat Crackers Allergy: Spinach & Artichoke Dip Gluten-Free Crackers Infants: Spinach & Artichoke Dip	Cantaloupe & Banana Smoothie Graham Crackers Allergy: Cantaloupe & Banana Smoothies Oatmeal Cookies Infants: Cantaloupe & Banana Smoothie Graham Crackers	Turkey & Cheese Wraps Allergy: Gluten-Free Tuna Sandwich Infants: Turkey & Cheese Wraps	Vanilla Yogurt Blueberry Muffins Allergy: Gluten-Free Fruit Bars Fresh Carrots Infants: Vanilla Yogurt Blueberry Muffins	Apple Slices Cheese Sticks Allergy: Sun Butter Gluten-Free Crackers Infants: Applesauce Sliced Cheese

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.