



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 01.21.2019	Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25
A.M. Snack	Croissant French Toast Baked Peaches Allergy: Gluten-Free French Toast Baked Peaches Infants: Baked Peaches	Whole Grain English Muffins w/Apple Butter Frozen Blueberries Allergy: Gluten-Free Toast Apple Butter Frozen Blueberries Infants: Frozen Blueberries	Cheddar & Egg Biscuits Sliced Oranges Allergy: Gluten-Free Toast w/Dairy-Free Cheese Egg Replacer Sliced Oranges Infants: Mandarin Oranges	Chicken Biscuits Frozen Strawberries Allergy: Chicken Patty on Gluten-Free Bread Frozen Strawberries Infants: Frozen Strawberries	Whole Grain Cheerios Fresh Bananas Allergy: Gluten-Free Cheerios Fresh Bananas Infants: Fresh Bananas
Lunch	Glazed Salmon Lemon Pepper Broccoli Whole Grain Dinner Rolls Fresh Red & Green Apples Allergy: Glazed Chicken Lemon Pepper Broccoli Whole Grain Dinner Rolls Fresh Red & Green Apple Infants: Lemon Pepper Broccoli	Turkey Ham w/Light Chipotle Sauce Sandwich Potato Salad Fresh Cantaloupe Allergy: Turkey Ham w/Light Chipotle Sauce Gluten-Free Bread Sandwich Potato Salad Fresh Cantaloupe Infants: Fresh Cantaloupe Potato Salad	Picadillo Sloppy Joe Spinach & Parmesan Salad Frozen Mango Allergy: Picadillo Sloppy Joe on Gluten-Free Bread Spinach & Gluten-Free Cheese Salad Frozen Mango Infants: Steamed Spinach	Tilapia in Browned Lemon Sauce Sweet Peas Whole Grain Brown Rice Fresh Pears Allergy: Chicken in Browned Lemon Sauce Sweet Peas Whole-Grain Brown Rice Fresh Pears Infants: Diced Pears	Turkey Burger Steaks in Mushroom Gravy Tarragon Mashed Potatoes Mixed Fruit Allergy: Turkey Burger Steaks in Mushroom Gravy Tarragon Mashed Potatoes Mixed Fruit Infants: Mixed Fruit
P.M. Snack	Roasted Vegetable Dip Whole Grain Crackers Allergy: Roasted Vegetable Dip Gluten-Free Crackers Infants: Vegetable Dip Whole Grain Crackers	Sun Butter Cookies Plain Yogurt Allergy: Gluten-Free Cookies Fresh Fruit Salad Infants: Sun Butter Cookies Plain Yogurt	$\frac{1}{2}$ Bagel Cream Cheese w/ Mixed Berries Allergy: Mixed Berry Cups Gluten-Free Crackers Infants: $\frac{1}{2}$ Bagel Cream Cheese w/ Mixed Berries	Carrot Sticks Graham Crackers Allergy: Carrot Sticks Gluten-Free Crackers Infants: Parboiled Carrot Graham Crackers	Whole Grain Cereal Bars Frozen Peaches Allergy: Gluten-Free Cereal Bars Frozen Peaches Infants: Whole Grain Cereal Bars

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.