



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 12.10.2018	Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14
A.M. Snack	Rice Krispies Fresh Bananas Allergy: Rice Krispies Fresh Bananas Infants: Fresh Bananas	Cream of Wheat w/Strawberries Allergy: Gluten-Free Corn Cereal Frozen Strawberries Infants: Cream of Wheat w/Strawberries	Whole Grain Waffles Blueberry Compote Allergy: Gluten-Free Waffles Blueberry Compote Infants: Whole Grain Waffles	Turkey Sausage & Biscuits Fresh Oranges Allergy: Turkey Sausage Gluten-Free Toast Fresh Oranges Infants: Mandarin Oranges	Corn Flakes Fresh Bananas Allergy: Corn Flakes Fresh Bananas Infants: Corn Flakes Fresh Bananas
Lunch	Apricot Baked Turkey Ham Roasted Sweet Potatoes Whole Grain Dinner Rolls Fresh Pears Allergy: Apricot Baked Turkey Ham Roasted Sweet Potatoes Gluten-Free Bread Fresh Pears Infants: Diced Pears	Roasted Chicken w/Carrots, Celery, Potatoes & Onions Whole Grain Dinner Rolls Fresh Cantaloupe Allergy: Roasted Chicken w/Carrots Celery, Potatoes & Onions Gluten-Free Bread Fresh Cantaloupe Infants: Fresh Cantaloupe	Stuffed Turkey Rolls w/Cranberry Dressing Braised Brussel Sprouts Fresh Apple & Raisin Salad Allergy: Sliced Turkey w/Cranberry Dressing Braised Brussel Sprouts Gluten-Free Bread Infants: Baked Apples	Chicken Loaf w/Mushroom Gravy Green Beans w/Red Peppers Whole Grain Brown Rice Mixed Fruit Allergy: Chicken Loaf w/Mushrooms Green Beans w/Red Peppers Whole Grain Brown Rice Fresh Honey Dew Infants: Mixed Fruit	Italian Turkey Sausage Lasagna Rolls Garden Salad Frozen Peaches Allergy: Gluten-Dairy Free Lasagna Gluten-Free Bread Garden Salad Frozen Peaches Infants: Frozen Peaches
P.M. Snack	Mini Apple Muffins Vanilla Yogurt Allergy: Gluten-Free Cookies Mixed Fruit Cups Infants: Mixed Fruit Cups	Fruit Cereal Bars Diced Pears Allergy: Gluten-Free Crackers Diced Pears Infants: Diced Pears	$\frac{1}{2}$ Cold Cheese Sandwich Allergy: Dairy-Free Cheese Gluten-Free Bread Infants: $\frac{1}{2}$ Cold Cheese Sandwich	Warm Rolls Sun Butter Allergy: Gluten-Free Bread Sun Butter Infants: Warm Rolls Sun Butter	Tuna Cups Wheat Crackers Allergy: Chicken w/Dairy Free Mayo Cups Rice Crackers Infants: Tuna Cups Wheat Crackers

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.