



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Shavonne Kitchens, Chef

Approved by: Germorial Johnson Center Director

Week: 1.27.2020	Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31
A.M. Snack	Cheerios Cereal Apricots Allergy: Gluten Free Cereal Apricots Infants: Apricots	Vegetable Frittata Frozen Blueberries Allergy: Gluten Free Bread w/ Vegetable Blend and Turkey Bacon and Frozen Blueberries Infants: Frozen Blueberries	Apple Cinnamon Muffin Banana Allergy: Gluten Free Muffin Banana Infants: Banana	Whole Grain Bagel w/ Strawberry Cream Cheese Frozen Raspberries Allergy: Gluten Free Toast w Apple Butter Frozen Raspberries Infants: Frozen Raspberries	Whole Grain Waffles Applesauce Allergy: Gluten Free Waffle Applesauce Infants: Applesauce
Lunch	Swedish Meatballs w/ Egg Noodles and Green Beans Fresh Oranges Allergy: Swedish Meatballs w/Gluten Free Pasta and Green Beans Fresh Oranges Infants and Toddlers: Mandarin Oranges	Ranch Turkey Wrap Sweet Potato Fries Mixed Berries Allergy: Gluten Free Turkey Wrap Sweet Potato Fries Mixed Berries Infants: Mixed Berries	Cheesy Chicken and Broccoli Pasta Frozen Raspberries Allergy: Gluten Free Dairy Free Cheesy Chicken and Broccoli Frozen Raspberries Infants: Frozen Raspberries	Shepard's Pie Peas and Carrots Frozen Peaches Allergy: Shepard's Pie Peas and Carrots Frozen Peaches Infants: Frozen Peaches	Turkey and Vegetable Soup Corn Muffin Diced Mango Allergy: Turkey and Vegetable Soup Gluten Free Corn Muffin Diced Mango Infants: Diced Mango
P.M. Snack	Whole Grain Pita Guacamole Allergy: Gluten Free Tortillas Guacamole Infants: Guacamole	Garlic Breadsticks Marinara Sauce Allergy: Gluten Free Breadsticks w/ Marinara Sauce Infants: Garlic Breadstick	Vegetable and Bean Crackers Frozen Blackberries Allergy: Gluten Free Crackers Frozen Blackberries Infants: Frozen Blackberries	Graham Crackers Vanilla Greek Yogurt Allergy: Gluten Free Graham Crackers Sunbutter Dip Infants: Graham Crackers	Banana and Sunbutter Rollup Allergy: Gluten Free Sunbutter and Banana Rollup Infants: Banana and Sunbutter Rollup

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.