



Jeannette Cathy Children's Center Weekly Menu

Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Lashawnda Pearson, Center Director

Week: 05.30.2022	Monday May 30	Tuesday May 31	Wednesday June 01	Thursday June 02	Friday June 03
A.M. Snack	Holiday	French Toast Mandarin Oranges Allergy: Gluten-Free French Toast Mandarin Oranges / Applesauce Infants: Mandarin Oranges	Turkey Bacon Biscuit Fresh Pears Allergy: Turkey Bacon or Dairy-Free Cheese on Gluten-Free Bread Fresh Pears Infants: Diced Pears in Juice	Creamy Oatmeal Frozen Blueberries Allergy: Gluten-Free Oatmeal Frozen Blueberries/ Fresh Banana Infants: Frozen Blueberries	Rice Chex Mixed Berries Allergy: Gluten-Free Rice Chex Mixed Berries/ Fresh Apples Corn Flakes Infants: Mixed Berries
Lunch	Holiday	Chicken with Stir-fry Vegetables Whole Grain Brown Rice Apricots Allergy: Chicken with Stir-Fry Vegetables Whole Grain Brown Rice / Steamed Potatoes Apricots Infants: Apricots	Lemon Pepper Chicken Garden Green Salad Breadsticks Fresh Apples Allergy: Lemon Pepper Chicken\ Chicken Tenders Garden Green Salad Gluten-Free Bread Fresh Apples Infants: Steamed Zucchini Applesauce	Chicken Pasta with Pesto Cream Sauce Sautéed Asparagus Fresh Honeydew Allergy: Dairy and Gluten-Free Alfredo Pasta w/Chicken Sautéed Asparagus Fresh Honeydew Infants: Fresh Honeydew	Taco Chicken w/Corn Salsa Spanish Rice Frozen Mango Allergy: Taco Chicken w/Corn Salsa Spanish Rice or Steamed Green Beans Frozen Mango / Frozen Peaches Infants: Spanish Rice
P.M. Snack	Holiday	Breadsticks Marinara Sauce Allergy: Gluten-Free Bread Sticks Marinara Sauce/ Dairy-Free Cheese Sticks Infants: Breadsticks Marinara Sauce	Blueberry Muffins Plain Yogurt Allergy: Gluten-Free Cereal Bar Mixed Fruit Cup/ Diced Pears Cup Infants: Blueberry Muffins Plain Yogurt	Roast Turkey Sliders w/Cranberry Dressing Allergy: Roast Turkey on Gluten-Free Bread w/Cranberry Dressing Infants: Roast Turkey Sliders w/Cranberry Dressing	Carrot Sticks Whole Wheat Crackers Allergy: Carrot Sticks Gluten-Free Crackers Infants: Parboiled Carrots

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.