



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 01.07.2019	Monday January 07	Tuesday January 08	Wednesday January 09	Thursday January 10	Friday January 11
Breakfast	Waffles Frozen Strawberries Allergy: Gluten-Free Waffles Frozen Strawberries Infants: Frozen Strawberries	Creamy Cinnamon Oatmeal Frozen Blueberries Allergy: Gluten-Free Oatmeal Frozen Blueberries Infants: Frozen Blueberries	Hash brown Casserole $\frac{1}{2}$ Whole Grain Toast Frozen Peaches Allergy: Hash Brown Casserole $\frac{1}{2}$ Gluten-Free Bread Frozen Peaches Infants: Frozen Peaches	Cinnamon Raisin Biscuits Frozen Mango Allergy: Gluten-Free Toast w/ Assorted Jelly Frozen Mango Infants: Frozen Mango	Corn Flakes Fresh Bananas Allergy: Corn Flakes Fresh Bananas Infants: Fresh Bananas
Lunch	Chicken Noodle Soup Garden Green Salad Fresh Apples Allergy: Chicken Noodle Soup w/ Gluten-Free Noodles Garden Green Salad Fresh Apples Infants: Steamed Broccoli Applesauce	Breaded Chicken in Tomato Sauce & Parmesan Cheese Whole Grain Pasta Green Beans Fresh Honeydew Allergy: Chicken in Tomato Sauce & Dairy-Free Cheese Gluten-Free Pasta Green Beans Fresh Honeydew Infants: Fresh Honeydew Green Beans	Turkey Cheese Burgers Roasted Potatoes w/Peppers Fresh Pears Allergy: Turkey Cheese Burgers Roasted Potatoes w/Peppers Fresh Pears Infants: Diced Pears	Mexican Grilled Cheese Sandwiches Pico De Gallo Salad Sliced Oranges Allergy: Mexican Grilled Cheese Sandwich on Gluten-Free Bread Dairy-Free Cheese Pico De Gallo Salad Mandarin Oranges Infants: Mandarin Oranges	Turkey Slices w/Gravy Sweet Peas Mac & Cheese Fresh Apples Allergy: Turkey Slices w/Gravy Sweet Peas Gluten & Dairy-Free Mac & Cheese Fresh Apples Infants: Applesauce
P.M. Snack	Garlic-Cheese Pita Bread Allergy: Gluten-Free Garlic Bread Dairy-Free Cheese Infants: Garlic-Cheese Flat Bread	Graham Crackers Vanilla Yogurt Allergy: Gluten-Free Crackers Cantaloupe Infants: Vanilla Yogurt	Cereal Bars Fruit Cups Allergy: Gluten-Free Bars Fruit Cups Infants Cereal Bars	Garden Salsa Corn Tortilla Chips Allergy: Garden Salsa Corn Tortilla Chips Infants: Pita Bread	Whole Wheat Crackers Cheese Sticks Allergy: Gluten-Free Crackers Dairy-Free Cheese Infants: 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.