



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Shavonne Kitchens, Chef

Approved by: Gemorial Johnson, Director

Week: 1.20.2020	Monday January 20	Tuesday January 21	Wednesday January 22	Thursday January 23	Friday January 24
Breakfast	Martin Luther King Day	Whole Grain English Muffin w/ Apple Butter Apricots Allergy: Gluten Free Toast w/ Apple Butter Apricots Infants: Apricots	Cheese Grits Turkey Sausage Mandarin Oranges Allergy: Dairy Free Grits Turkey Sausage Mandarin Oranges Infants: Mandarin Oranges	Blueberry Muffin Frozen Peaches Allergy: Gluten Free Muffin Frozen Peaches Infants: Frozen Peaches	French Toast Cantaloupe Allergy: Gluten Free Cinnamon Toast Cantaloupe Infants: Cantaloupe
Lunch	Martin Luther King Day	Garlic Chicken and Vegetable Stir Fry Noodles Diced Mango Allergy: Gluten Free Garlic Chicken and Vegetable Stir Fry Noodles Diced Mango Infants: Diced Mango	Pesto Chicken Pasta Roasted Broccoli Honeydew Melon Allergy: Gluten Free Pesto Chicken Pasta w/ Roasted Broccoli and Honeydew Melon Infants: Honeydew Melon	Southwest Turkey Burger Mexican Corn Salad Frozen Strawberries Allergy: Southwest Turkey Burger on Gluten Free Bread Mexican Corn Salad Frozen Strawberries Infants: Frozen Strawberries	Chicken Noodle Soup Steamed Vegetable Blend Frozen Pineapple Allergy: Gluten Free Chicken Noodle Soup Steamed Vegetable Blend Frozen Pineapple Infants: Frozen Pineapple
P.M. Snack	Martin Luther King Day	Apple Slices Cheese Stick Allergy: Apple Slices Dairy Free Cheese Infants: Applesauce	Taco Dip Corn Chips Allergy: Corn Chips and Salsa Infants: Corn Tortilla	Sweet Potato Crackers Frozen Blackberries Allergy: Gluten Free Crackers Frozen blackberries Infants: Frozen Blackberries	Oatmeal Raisin Bars Fresh Pears Allergy: Gluten Free Fruit Bar Fresh Pears Infants: Diced Pears

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.