

# BRIGHT HORIZONS AT Jeannette Cathy Children's Center

## What's on the Menu?

### JCCC TRADITIONAL AND ALLERGY MENU

Week of 11/17/25	MONDAY 11/17	TUESDAY 11/18	WEDNESDAY 11/19	THURSDAY 11/20	FRIDAY 11/21
<b>MORNING SNACK</b>	Whole Grain Blueberry Muffins Peaches Allergy: Gluten-Free Blueberry Muffins Peaches	Rice Chex Breakfast Cereal Bananas Allergy: Rice Chex Breakfast Cereal Bananas	Turkey Sausage Biscuit Strawberries Allergy: Turkey Sausage w/ Rice Bread Strawberries	Whole Grain Bagel w/ Cream Cheese Mangos Allergy: Gluten-Free Bagel w/ Apple Butter Pears	Whole Grain Waffles Raspberries Allergy: Gluten & Wheat-Free Waffles Raspberries
<b>LUNCH</b>	Grilled Chicken Sandwich Roasted Potatoes Apricots Allergy: Gluten-Free Grilled Chicken Rice Bread Apricots	Bean and Cheese Burritos Roasted Corn and Black Beans Orange Slices Allergy: Gluten & Dairy-Free Bean and Cheese Burritos Roasted Corn and Black Beans Oranges Slices Toddlers: Mandarin Oranges	Ground Turkey Shepherd's Pie Sweet Peas and Carrots Pears Allergy: Gluten and Dairy-Free Ground Turkey Shepherd's Pie Sweet Peas and Carrots Pears	Ranch Chicken Wraps W/ Spinach Kiwi Allergy: Gluten & Dairy-Free Ranch Chicken Wraps W/ Spinach Kiwi	Baked Turkey Mac and Cheese Collard Greens Cranberry Sauce Dinner Roll Allergy: Baked Turkey Gluten & Dairy-Free Mac and Cheese Collard Greens Cranberry Sauce Rice Bread
<b>AFTERNOON SNACK</b>	Chicken Salad Pita Bread Allergy: Gluten & Dairy-Free Chicken Salad Rice Bread	Veggie Spring Roll Baked Plantains Allergy: Veggie Spring Roll Baked Plantains	Soft Pretzel Bites Cheese Dip Allergy: Gluten-Free Toast Diary-Free Cheese Dip	Vanilla Yogurt w/Peaches Allergy: Dairy-Free Vanilla Yogurt W/ Peaches	Fresh Seasonal Fruit Milk Allergy: Fresh Seasonal Fruit Water

- ▶ All meals are baked, not fried
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, cheese, and beans
- ▶ Whole milk served to Infants and Toddlers
- ▶ 1% milk served to Early Preschool, Preschool, and Kindergarten Prep
- ▶ All meals served family style and are included in the tuition
- ▶ **Allergy Meals** Free From All Documented Allergens/Individually Plated on Red Plate