



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 08.19.2019	Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23
A.M. Snack	Bagels with Cream Cheese Fresh Bananas Allergy: Gluten & Dairy- Free Toast Fresh Bananas Infants: Fresh Bananas	French Toast Mandarin Oranges Allergy: Gluten-Free Waffles Mandarin Oranges Applesauce Infants: Mandarin Oranges	Turkey Bacon & Biscuits Fresh Pears Allergy: Turkey Bacon on Gluten- Free Bread Fresh Pears Meatless Bacon Strips Infants: Diced Pears in Juice	Creamy Oatmeal Frozen Blueberries Allergy: Gluten-Free Oatmeal Frozen Blueberries Fresh Bananas Infants: Frozen Blueberries	Rice Chex Mixed Berries Allergy: Rice Chex Mixed Berries Corn Flakes Fresh Apples/Applesauce Infants: Mixed Berries
Lunch	Chili Cheese Sloppy Joes Garden Green Salad Frozen Peaches Allergy: Chili Sloppy Joes on Gluten- Free Bread Garden Green Salad Frozen Peaches Turkey Burger Meatless Crumbles Infants: Frozen Peaches	Chicken Stir-Fry w/Vegetables Whole Grain Brown Rice Apricots Allergy: Chicken with Stir-Fry/ Vegetables Whole Grain Brown Rice/ Apricots Steamed Potatoes Meatless Chicken Strips Infants: Apricots	Lemon Pepper Chicken Sweet Potatoes Bread Sticks Fresh Apples Allergy: Lemon Pepper Chicken Sweet Potatoes Gluten-Free Bread Fresh Apples Meatless Chicken Pattie Infants: Applesauce	Chicken Pasta with Pesto Cream Sauce Sautéed Asparagus Fresh Honeydew Allergy: Dairy & Gluten-Free Alfredo Pasta w/Chicken Sautéed Asparagus Fresh Honeydew Meatless Chicken Strips Infants: Fresh Honeydew	Taco Chicken w/Corn Salsa Spanish Rice, Refried Beans Frozen Mango Allergy: Taco Chicken w/Corn Salsa Spanish Rice, Refried Beans Frozen Mango Vegetarian Patties Infants: Spanish Rice
P.M. Snack	Graham Crackers Applesauce Allergy: Gluten-Free Rice Crackers Applesauce Infants: Graham Crackers Applesauce	Breadsticks Marinara Sauce Allergy: Gluten-Free Bread Sticks Marinara Sauce/ Sun Butter Infants: Breadsticks Marinara Sauce	Blueberry Muffins Plain Yogurt Allergy: Gluten-Free Cereal Bars Mixed Fruit Cup/ Diced Pears Cup Infants: Blueberry Muffins Plain Yogurt	Roasted Turkey Sliders w/Cranberry Dressing Allergy: Roasted Turkey on Gluten- Free Bread w/Cranberry Dressing Infants: Roasted Turkey Sliders w/Cranberry Dressing	Carrot Sticks Whole Wheat Crackers Allergy: Carrot Sticks Gluten-Free Crackers Infants: Parboiled Carrots Whole Wheat Crackers

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.