

# What's on the Menu?

## JCCC TRADITIONAL AND **ALLERGY** MENU

Week of 4/8/24	MONDAY 4/8	TUESDAY 4/9	WEDNESDAY 4/10	THURSDAY 4/11	FRIDAY 4/12
<b>MORNING SNACK</b>	Chex Mix Cereal Fresh Bananas <b>Allergy:</b> Chex Mix Cereal Fresh Bananas	Turkey Sausage Biscuits Frozen Pineapple <b>Allergy:</b> Turkey Sausage Rice Bread Frozen Pineapple	Cheese Grits Frozen Blueberries <b>Allergy:</b> Cinnamon Oatmeal Frozen Blueberries	Turkey Ham & Cheese English Muffins Strawberries <b>Allergy:</b> Turkey Ham & Dairy Free Cheese on Rice Bread Strawberries	Whole Grain Cheerios Mixed Berries <b>Allergy:</b> Gluten Free Cheerios Mixed Berries
<b>LUNCH</b>	Turkey BLT Sandwich Roasted Potatoes Mixed Fruit <b>Allergy:</b> Turkey BLT Sandwich Gluten Free Rice Bread Roasted Potatoes Mixed Fruit	Chicken Pot Pie w/ Vegetables & Biscuits Frozen Mangos <b>Allergy:</b> Chicken Pot Pie w/ Vegetables & Rice Bread Frozen Mango	Ground Turkey Spaghetti Garden Salad Fresh Honeydew Melon <b>Allergy:</b> Ground Turkey Spaghetti Garden Salad Fresh Honeydew Melon	BBQ Chicken Tenders Bake Beans Frozen Peaches <b>Allergy:</b> BBQ Chicken Grill Bake Beans Frozen Peaches	Mac & Cheese Green Beans Whole Grain Dinner Roll Apricots <b>Allergy:</b> Gluten Free Mac & Cheese Green Beans Rice Bread Apricots
<b>AFTERNOON SNACK</b>	Wheat Crackers & Chees Sticks <b>Allergy:</b> Cauliflower Crackers & Bean Dip	Mix Fruit Salad <b>Allergy:</b> Mix Fruit Salad	Fruit Cereal Bars <b>Allergy:</b> Oat & Fruit Granola Bars	Yogurt Cups w/ Blueberries <b>Allergy:</b> Dairy Free Yogurt Blueberry Fruit Cup	Blueberry Muffins <b>Allergy:</b> Fruit Cups

- ▶ 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