



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Shavonne Kitchens, Chef

Approved by: Gemorial Johnson, Director

| Week: 12.02.2019 | Monday December 02 | Tuesday December 03 | Wednesday December 04 | Thursday December 05 | Friday December 06 |
|-----------------------|---|--|--|--|---|
| Breakfast | Fluffy Whole Grain Biscuits w/ Cinnamon Honey Butter Diced Pears Allergy: Gluten Free Cinnamon Toast Diced Pears Infants: Diced Pears | Pumpkin Zucchini Muffins Mixed Berries Allergy: Gluten Free Muffin Mixed Berries Infants: Mixed Berries | Omelet Bites Whole Grain Toast Frozen Blueberries Allergy: Home Fried Potatoes Frozen Blueberries Infants: Frozen Blueberries | Sheet Pan Pancakes Frozen Blackberries Allergy: Gluten Free Waffles Frozen Blackberries Infants: Frozen Blackberries | Hashbrown Muffins Banana Allergy: Hash Browns Banana Infants: Banana |
| Lunch | Stuffed Pepper Soup Garlic Bread Frozen Peaches Allergy: Stuffed Pepper Soup Gluten Free Garlic Bread Frozen Peaches Infants: Frozen Peaches | Garlic Butter Salmon w/ Roasted Vegetable Orzo Frozen Pineapple Allergy: Lemon Olive Oil Salmon Gluten Free Roasted Vegetable Pasta Frozen Pineapple Infants: Frozen Pineapple | Turkey Tacos Mexican Corn Mandarin Oranges Allergy: Turkey Tacos w/ Gluten Free Tortillas Mexican Corn Mandarin Oranges Infants : Mandarin Oranges | Falafel w/ Pita and Tzatziki Cucumber Salad Frozen Strawberries Allergy: Falafel w/ Cucumber Salad and Gluten Free Bread Frozen Strawberries Infants: Frozen Strawberries | Teriyaki Chicken Lo Mein Stir Fried Vegetables Apples Allergy: Gluten Free Chicken Lo Mein w/ Stir Fried Vegetables Apples Infants: Applesauce |
| P.M. Snack | Raspberry Oatmeal Bars Mixed Fruit Cup Allergy: Gluten Free Fruit Bar Mixed Fruit Cup Infants: Mixed Fruit Cup | Whipped Feta Dip w/ Whole Grain Pita Bread and Carrots Allergy: Gluten Free Breadsticks w/ Dairy Free Cheese Dip and Carrots Infants: Whole Grain Pita | Apple Cheddar Scones Apricots Allergy: Gluten Free Muffin Apricots Infants: Apricots | Whole Grain Crackers Cheddar Cheese Stick Allergy: Gluten Free Crackers Dairy Free Cheese Infants: Sliced Cheese | Ranch Cereal Snack Mix Fresh Pears Allergy: Gluten Free Snack Mix 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.