



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 11.05.2018	Monday November 05	Tuesday November 06	Wednesday November 07	Thursday November 08	Friday November 09
Breakfast	Rice Krispies Frozen Strawberries Allergy: Rice Krispies Frozen Strawberries Infants: Frozen Strawberries	Creamy Cinnamon Oatmeal Frozen Blueberries Allergy: Gluten-Free Oatmeal Frozen Blueberries Infants: Frozen Blueberries	Hash brown Casserole $\frac{1}{2}$ Whole Grain Toast Fresh Pears Allergy: Hash Brown Casserole $\frac{1}{2}$ Gluten-Free Bread Fresh Pears Infants: Diced Pears	Cinnamon Raisin Biscuits Fresh Oranges Allergy: Gluten- Free Toast w/Assorted Jelly Fresh Oranges Infants: Mandarin Oranges	Corn Flakes Fresh Bananas Allergy: Corn Flakes Fresh Bananas Infants: Fresh Bananas
Lunch	Chicken Noodle Soup Garden Green Salad Whole Grain Dinner Rolls Fresh Apples Allergy: Chicken Noodle Soup w/Gluten-Free Noodles Gluten-Free Bread Garden Green Salad Fresh Apples Infants: Applesauce	Polenta Squares w/Chicken, Tomato Sauce & Parmesan Cheese Sweet Peas Fresh Honeydew Allergy: Polenta Squares w/Chicken, Tomato Sauce & Dairy-Free Cheese Sweet Peas Fresh Honeydew Infants: Fresh Honeydew Sweet Peas	Spaghetti w/Meat Sauce Garlic & Parmesan Rolls Roasted Zucchini Mixed Berries Allergy: Gluten-Free Spaghetti w/Meat sauce Roasted Zucchini Gluten-Free Bread Mixed Berries Infants: Mixed Berries	Turkey Ham & Cheese Sandwiches Roasted Potatoes w/Peppers Frozen Peaches Allergy: Turkey Ham Sandwich on Gluten-Free Bread Dairy-Free Cheese Roasted Potatoes w/Peppers Frozen Peaches Infants: Frozen Peaches	Turkey Slices w/Gravy Green Beans Mac & Cheese Baked Apples Allergy: Turkey Slices w/Gravy Green Beans Gluten & Dairy Free Mac & Cheese Baked Apples Infants: Applesauce
P.M. Snack	$\frac{1}{2}$ Whole Grain Egg Salad Sandwich Allergy: Gluten-Free Bread Dairy-Free Mayo & Egg Replacer Infants: $\frac{1}{2}$ Egg Salad Sandwich	Strawberry Muffins Plain Yogurt Allergy: Gluten-Free Chips Salsa Infants: Plain Yogurt	Graham Crackers Sun Butter Cups Allergy: Gluten-Free Crackers Sun Butter Cups Infants: Graham Crackers	Cheese Sticks Wheat Crackers Allergy: Dairy-Free Cheese Gluten-Free Crackers Infants: Cheese Slices	Sweet Potato Turnovers Allergy: Roasted Sweet Potato Dip Gluten-Free Crackers Infants: Sweet Potato Turnovers

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.