

# BRIGHT HORIZONS AT Jeannette Cathy Children's Center

## What's on the Menu?

### JCCC TRADITIONAL AND **ALLERGY** MENU

| Week of<br>4/1/24          | MONDAY<br>4/1  | TUESDAY<br>4/2   | WEDNESDAY<br>4/3   | THURSDAY<br>4/4   | FRIDAY<br>4/5   |
|----------------------------|--|--|--|---|---|
| <b>MORNING<br/>SNACK</b>   | Whole Grain Pancakes<br>Fresh Bananas<br>Allergy:<br>Gluten & Wheat Free Waffles<br>Fresh Bananas  | Turkey Sausage Biscuits<br>Frozen Pineapple<br>Allergy:<br>Turkey Sausage<br>Rice Bread<br>Frozen Pineapple<br>Infant/Toddlers: Pineapple<br>Tidbits | Apple Cinnamon Muffins<br>Frozen Blueberries<br>Allergy:<br>Apple Cinnamon Muffins<br>Frozen Blueberries   | French Toast Sticks<br>Strawberries<br>Allergy:<br>Cinnamon Rice Toast<br>Strawberries  | Whole Grain Cheerios<br>Mixed Berries<br>Allergy:<br>Gluten Free Cheerios<br>Mixed Berries  |
| <b>LUNCH</b>               | Chicken Alfredo w/ Whole Grain<br>Pasta<br>Green Beans<br>Mixed Berries<br>Allergy:<br>Chicken w/ Gluten & Wheat<br>Free Pasta<br>Green Beans<br>Mixed Berries | Chicken Tenders/ Roasted<br>Potatoes<br>Frozen Mangos<br>Allergy:<br>Grill Chicken/Roasted Potatoes<br>Frozen Mango                                  | Cheese Pizza<br>Roasted Zucchini<br>Fresh Honeydew Melon<br>Allergy:<br>Dairy Free Cheese Pizza on Rice<br>Bread<br>Roasted Zucchini<br>Fresh Honeydew Melon | Cheese Ravioli Bake<br>Steamed Broccoli<br>Frozen Peaches<br>Allergy:<br>Wheat, Gluten, Dairy Free<br>Cheese Pasta Bake<br>Steamed Broccoli<br>Frozen Peaches | Oven Baked Chicken<br>Roasted Potatoes<br>Whole Grain Dinner Roll<br>Apricots<br>Allergy:<br>Oven Baked Chicken<br>Roasted Potatoes<br>Rice Bread<br>Apricots |
| <b>AFTERNOON<br/>SNACK</b> | Wheat Crackers & Bean Dip<br>Allergy:<br>Cauliflower Crackers &<br>Bean Dip  | Spinach Dip &<br>Corn Tortilla Chips<br>Allergy:<br>Dairy Free Spinach Dip &<br>Corn Tortilla Chips  | Fruit Cereal Bars<br>Allergy:<br>Oat & Fruit Granola Bars  | Yogurt Cups w/ Blueberries<br>Allergy:<br>Dairy Free Yogurt<br>Blueberry Fruit Cup  | Hummus<br>Whole Grain Pita<br>Allergy:<br>Hummus<br>Rice Bread  |

- ▶ 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