

BRIGHT HORIZONS AT Jeannette Cathy Children's Center

What's on the Menu?

JCCC TRADITIONAL AND **ALLERGY** MENU

Week of 4/22/24	MONDAY 4/22	TUESDAY 4/23	WEDNESDAY 4/24	THURSDAY 4/25	FRIDAY 4/26
MORNING SNACK	Whole Grain Pancakes Apple Slices Allergy: Wheat & Gluten Free Waffle Apple Slices Infants/Toddlers: Applesauce	Hashbrown Casserole Bananas Allergy: Egg Free Hashbrown Casserole Bananas	Chex Mix Frozen Blueberries Allergy: Chex Mix Frozen Blueberries	Chicken Biscuit Frozen Peaches Allergy: Chicken w/ Rice Bread Frozen Peaches	French Toast Sticks Apricots Allergy: Cinnamon Rice Bread Apricots
LUNCH	Swedish Meatballs Green Beans Mashed Potatoes Fresh Pears Allergy: Swedish Meatballs w/ Gluten & Wheat Free Pasta Roasted Potatoes Fresh Pears Infants/Toddlers: Diced Pears	Chicken Fajitas Black Beans Whole Grain Tortilla Frozen Pineapple Allergy: Chicken Fajitas Black Beans Corn Tortillas Frozen Pineapple	Herb Roasted Chicken Broccoli & Rice Medley Apricots Allergy: Herb Roasted Chicken Broccoli & Rice Medley Apricots	Vegetarian Chili Corn Muffin Roasted Sweet Potatoes Frozen Pineapple Allergy: Vegetarian Chili Whole Grain Brown Rice Roasted Sweet Potatoes Frozen Pineapple	Turkey & Cornbread Dressing Rollups Steamed Carrots Apple Slices Allergy: Turkey Roll Ups Steamed Carrots Apple Slices Infants/Toddlers: Applesauce
AFTERNOON SNACK	Fruit Bar Allergy: Fruit Bar	Mexican Corn Salad Tortilla Chips Allergy: Mexican Corn Salad Tortilla Chips	Vanilla Yogurt Mixed Fruit Allergy: Dairy Free Vanilla Yogurt Mixed Fruit	½ Chicken Salad Sandwich Allergy: ½ Chicken Salad Sandwich on Rice Bread	Sliced Cheese Crackers Allergy: Dairy Free Sliced Cheese Cauliflower Crackers

- ▶ 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