



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Gemorial Johnson, Director

Week: 01.28.2019	Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 01
A.M. Snack	Rice Krispies Sliced Oranges Allergy: Rice Krispies Sliced Oranges Infants: Mandarin Oranges	Creamy Grits Scrambled Eggs Sliced Pears Allergy: Creamy Grits, Egg Replacer w/Turkey Sausage Sliced Pears Infants: Diced Pears	Apple Turnovers Allergy: Gluten-Free French Toast Baked Apples Infants: Apple Turnovers	Cream of Wheat Frozen Blueberries Allergy: Gluten-Free Oatmeal Frozen Blueberries Infants: Frozen Blueberries	Egg & Cheese Croissants Fresh Bananas Allergy: Egg Replacer w/Dairy Free Cheese on Gluten-Free Bread Fresh Bananas Infants: Fresh Bananas
Lunch	Gingered Chicken Stir-Fry w/Vegetables Whole Grain Brown Rice Mango Allergy: Gingered Chicken Stir-Fry w/Vegetables Whole Grain Brown Rice Frozen Mango Infants: Frozen Mango	Pear Harvest Salad w/Roasted Turkey Whole Grain Dinner Rolls Fresh Cantaloupe Allergy: Pear Harvest Salad w/Roasted Turkey Gluten-Free Bread Fresh Cantaloupe Infants: Steamed Broccoli	Corn Tacos w/Ground Turkey Lettuce, Tomato, Cheese & Sour Cream Frozen Peaches Allergy: Corn Tacos w/Ground Turkey Lettuce, Tomato & Dairy-Free Cheese Frozen Peaches Infants: Green Beans	Mexican Salsa Pizza Corn w/Green Peppers Fresh Honeydew Allergy: Mexican Salsa Pizza on Gluten- Free Bread w/Dairy-Free Cheese Corn w/Green Peppers Fresh Honeydew Infants: Fresh Honeydew	Mini Turkey Cheese Burgers Oven Baked Sweet Potato wedges Frozen Strawberries Allergy: Turkey Burger on Gluten-Free Bread w/Dairy-Free Cheese Oven Baked Sweet Potato Fries Frozen Strawberries Infants: Frozen Strawberries
P.M. Snack	Fresh Bananas Sun Butter Cups Allergy: Fresh Bananas Sun Butter Infants: Fresh Bananas Sun Butter Cups	Tomato Bites w/Cheese & Fresh Basil Allergy: Tomato Bites w/Fresh Basil Gluten-Free Crackers Infants: Tomato Bites w/Cheese & Fresh Basil	Parmesan Knots Marinara Sauce Allergy: Gluten-Free Bread w/Dairy Free Cheese Slices Marinara Sauce Infants: Parmesan Knots Marinara Sauce	Asparagus Tarts w/Cheese Allergy: Asparagus Dip Corn Tortilla Chips Infants: Asparagus Tarts w/Cheese	Tortilla Corn Chips Pico De Galo & Cheese Allergy: Tortilla Corn Chips Pico De Galo Dairy-Free Cheese Infants: Tortilla Corn Chips Pico De Galo & Cheese

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.