



Jeannette Cathy Children's Center Weekly Menu



Menu Prepared By: Sandra Strother, Kitchen Manager

Approved by: Jason Vance, Executive Interim Director

Week: 01.31.2022	Monday January 31	Tuesday February 01	Wednesday February 02	Thursday February 03	Friday February 04
Breakfast	Corn Flakes Frozen Blueberries Allergy: Gluten-Free Corn Flakes Frozen Blueberries Infants: Frozen Blueberries	Mini Strawberry Muffin Fresh Cantaloupe Allergy: Gluten-Free Muffins Fresh Cantaloupe Infants: Fresh Cantaloupe	Whole Grain Pancakes Applesauce Allergy: Gluten-Free Pancakes Applesauce Infants: Applesauce	Whole Grain Cheerios Fresh Bananas Allergy: Corn Cereal Fresh Bananas Infants: Fresh Bananas	Hash Brown Casserole Frozen Peaches Allergy: Hash Browns Egg Replacer Dairy-Free Cheese Frozen Peaches Infants: Frozen Peaches
	Turkey Pot Pie w/Vegetables Frozen Peaches Allergy: Turkey Pot Pie w/Vegetables & Gluten-Free Bread Frozen Peaches Infants: Frozen Peaches	Lasagna Green Beans Frozen Pineapples Allergy: Gluten-Free Lasagna Green Beans Frozen Pineapples Infants: Frozen Pineapples	Turkey Chili Whole Grain Brown Rice Roasted Corn Mixed Berries Allergy: Turkey Chili Whole Grain Brown Rice Roasted Corn Mixed Berries Infants: Mixed Berries	Pasta Salad w/Chicken Spinach & Kale Fresh Apples Allergy: Chicken Salad w/ Dairy-Free Mayo Gluten-Free Pasta Spinach & Kale Salad Fresh Apples Infants: Applesauce	Turkey Burgers Roasted Potato Wedges w/Peppers Fresh Orange Slices Allergy: Turkey Burgers Roasted Potatoes Wedges Fresh Oranges Infants: Mandarin Oranges
Lunch	Turkey Pot Pie w/Vegetables Frozen Peaches Allergy: Turkey Pot Pie w/Vegetables & Gluten-Free Bread Frozen Peaches Infants: Frozen Peaches	Lasagna Green Beans Frozen Pineapples Allergy: Gluten-Free Lasagna Green Beans Frozen Pineapples Infants: Frozen Pineapples	Turkey Chili Whole Grain Brown Rice Roasted Corn Mixed Berries Allergy: Turkey Chili Whole Grain Brown Rice Roasted Corn Mixed Berries Infants: Mixed Berries	Pasta Salad w/Chicken Spinach & Kale Fresh Apples Allergy: Chicken Salad w/ Dairy-Free Mayo Gluten-Free Pasta Spinach & Kale Salad Fresh Apples Infants: Applesauce	Turkey Burgers Roasted Potato Wedges w/Peppers Fresh Orange Slices Allergy: Turkey Burgers Roasted Potatoes Wedges Fresh Oranges Infants: Mandarin Oranges
	Bread Sticks Marinara Sauce Allergy: Gluten-Free Bread Sticks Marinara Sauce Infants: Bread Sticks	1/2 Bagel Cream cheese Allergy: 1/2 Gluten-Free Bagel Apple Butter Infants :1/2 Bagel	Cheese Sticks Wheat Crackers Allergy: Dairy-Free Cheese Rice Crackers Infants: Wheat Crackers	Vanilla Yogurt Mini Blueberry Muffins Allergy: Mixed Fruit Cup Gluten-Free Bars Infants: Vanilla Yogurt	Snack Mix Allergy: Gluten-Free Snack Mix Infants: Snack Mix
P.M. Snack	Bread Sticks Marinara Sauce Allergy: Gluten-Free Bread Sticks Marinara Sauce Infants: Bread Sticks	1/2 Bagel Cream cheese Allergy: 1/2 Gluten-Free Bagel Apple Butter Infants :1/2 Bagel	Cheese Sticks Wheat Crackers Allergy: Dairy-Free Cheese Rice Crackers Infants: Wheat Crackers	Vanilla Yogurt Mini Blueberry Muffins Allergy: Mixed Fruit Cup Gluten-Free Bars Infants: Vanilla Yogurt	Snack Mix Allergy: Gluten-Free Snack Mix Infants: Snack Mix

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.