J&G Nurture Care Menu (Mon–Fri, No Pork or Peanut)

This menu replaces pork and peanut items with appropriate substitutions and is organized by weekdays.

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| Day | Breakfast | Snack | Lunch/Supper |
| Monday (Week 1) | 1% or fat-free milk Oatmeal Diced apple | Strawberries Vanilla yogurt | 1% or fat-free milk Hot turkey sandwich on whole-wheat bread Green beans Plum |
| Tuesday (Week 1) | 1% or fat-free milk Whole-wheat bagel Egg omelet Blueberries | Broccoli/cauliflower florets Cottage cheese ranch dip | 1% or fat-free milk Cod fillet Brown rice Garden salad Cantaloupe |
| Wednesday (Week 1) | 1% or fat-free milk Waffles Peaches | Pretzel rods Cheddar cheese cubes | 1% or fat-free milk Chicken breast Whole-wheat roll Mashed potatoes Cherries |
| Thursday (Week 1) | 1% or fat-free milk Wheat Chex® Raspberries | Cucumber slices Whole-grain crackers | 1% or fat-free milk Roast beef Barley casserole Butternut squash Fresh pear slices |
| Friday (Week 1) | 1% or fat-free milk Scrambled egg Roasted sweet potato hash | Celery sticks Tuna salad | 1% or fat-free milk Tofu bean chili Whole-corn tortilla Sautéed carrots |
| Monday (Week 2) | 1% or fat-free milk Toasted oats Orange slices | Triscuits® Cheddar cheese | 1% or fat-free milk [Roast pork removed – suggest: roasted turkey or lentil loaf] Corn bread Roasted red potatoes Collard greens or spinach |
| Tuesday (Week 2) | 1% or fat-free milk Scrambled eggs with cheese Kiwi | Apple slices [Peanut butter removed – suggest: sunflower seed butter or yogurt dip] | 1% or fat-free milk MorningStar® Garden Veggie Patty on whole-wheat bun Corn Watermelon |
| Wednesday (Week 2) | 1% or fat-free milk Cream of Wheat® Banana | Carrot sticks Hummus | 1% or fat-free milk Egg salad on whole-grain wrap Tomato cucumber salad Diced mango |
| Thursday (Week 2) | 1% or fat-free milk Bean burrito Applesauce | 1% or fat-free milk Soft pretzel | 1% or fat-free milk Baked haddock Whole-wheat noodles Steamed broccoli Carrot-raisin salad |
| Friday (Week 2) | 1% or fat-free milk Pancakes Mixed berries | Pineapple cubes Yogurt | 1% or fat-free milk Chicken stir fry with snow peas and red peppers Brown rice Mandarin oranges |