

JULY | 2017

CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 COM CLOSED	4 COM CLOSED	5 B~ cinn. Toast crunch cereal, apple sauce, milk L~ ham and cheese rollups, chips, apples, carrot sticks, pickle spears, milk S~ yogurt cups, big rice cakes, water	6 B~ egg and cheese English muffins, strawberries, milk L~ meatball subs, baked potatoes, fresh pineapple, milk S~ cauliflower w/ranch, cheese cubes, water	7 B~ egg and cheese burritos mandarin oranges, milk L~ pulled pork sandwiches, slaw, baked chips, cantaloupe, pepper sticks, milk S~ E.E. diced ham and cheese, ritz crackers, water S~ S.S. pepperoni and cheese, ritz crackers, water.
10 B~ PRE-PKG banana muffins, bananas, milk L~ bologna, cheese sandwiches, pretzels, carrots, apples, milk S~ chex mix, string cheese, water	11 B~ sausage patty, toast, diced pears, milk L~ baked penne, garlic bread, salad bar, fresh pineapple, milk S~ apple rice cakes, strawberry smoothies, water	12 B~ egg and cheese English muffins, mandarin oranges, milk L~ turkey, cheese sliders, celery sticks. Pita chips, watermelon, milk S~ teddy grahams, yogurt cups, water	13 B~ French toast, diced pineapple, milk L~ pepperoni rolls, grapes, broccoli w/ranch, veggie sticks, milk S~ tortilla chips, salsa, water	14 B~ cheerios, bananas, milk L~ hot dogs w/the works. Corn on the cob, honeydew melon, milk S~ fresh fruit salad, soft pretzel, water
17 B~ waffles, applesauce, milk L~ baked chicken, buttered noodles, cauliflower & broccoli medley, rolls, diced peaches, milk S~ wheat thins, hummus, water	18 B~ blueberry bagel, cream cheese, strawberries, milk L~ flat bread pizzas, garden salad, grapes, milk S~ cheez-its, watermelon, water	19 B~ ham slices, toast, diced pears, milk L~ mini corndogs, mac and cheese, fresh pineapple, milk S~ apple slices, wow butter, water	20 B~ banana muffin, blueberries, milk L~ pancakes, scrambled eggs, sausage patty, cantaloupe, milk S~ nacho cheese, salsa, scoop tortilla chips, water	21 B~ homemade cinnamon toast, tropical fruit, milk L~ cheeseburgers w/the works, veggie chips, carrot sticks, oranges, pickle spears, milk S~ mini cheddar rice cakes, cheese cubes, water
24 B~ cheese toast, bananas, milk L~ turkey and cheese on pretzel bun, lettuce, tomato, baked chips, cucumber slices, milk S~ yogurt cups, camel mini rice cakes, water	25 B~ chex cereal, fruit cocktail, milk L~ ham and cheese sandwich, grapes, celery sticks, milk S~ pepper sticks w/ranch, cheez-its, water	26 B~ chocolate chip pancakes, applesauce, milk L~ bbq chicken, pasta salad, honeydew melon, milk S~ goldfish, cheese cubes, water	27 B~ egg and cheese croissant, strawberries, milk L~ bologna and cheese sandwich, carrot sticks, watermelon, sun chips, milk S~ E.E. ham squares, cheese, saltine crackers, water S~ S.S. prpperoni, cheese, saltine crackers, water	28 B~ mini bagel w/cream cheese, diced peaches, milk L~ sloppy joes, tator tots, fresh pineapple, milk S~ grapes, twisted pretzels, water
31 B~ sausage biscuit, bananas, milk L~ Italian grilled chicken, garden salad, breadsticks, oranges, milk S~ cheddar chex mix, string cheese, water				

News

Breakfast Ages 1 - 2 Milk~ ½ cup Veg, fruit, or broth~1/4 cup Grains~ ½ oz Ages 3 - 5 Milk ¾ cup Veg, fruit, or broth~ ½ cup Grains~ ½ oz Ages 6 - 12 Milk~ 1 cup Veg, fruit, or broth~ ½ cup Grains~ 1 oz

Lunch Ages 1 - 2 Milk~ ½ cup Meat and meat alt.~ 1 oz Veg~ 1/8 cup Fruit~ 1/8 cup Grains~ ½ oz Ages 3 - 5 Milk~3/4 cup Meat and meat alt.~ 1 ½ oz Veg~ ¼ cup Fruit~ ¼ cup Grain~ ½ oz Ages 6-12 Milk~ 1 cup Meat and meat alt.~ 2 oz Veg~ ½ cup Fruit~ ¼ cup Grains~ 1 oz

Snack Ages 1 - 2 Milk~ ½ cup Meat and meat alt. ~ ½ oz Veg~ ½ cup Fruit~ ½ cup Grains~ ½ oz Ages 3-5 Milk~ ½ cup Meat and meat alt.~ ½ oz Veg~ ½ cup Fruit~ ½ cup Grains~ ½ oz Ages 6-12 Milk~ 1 cup Meat and meat alt.~ 1 oz Veg~ ¾ cup Fruit~ ¾ cup Grains~ 1oz

**Infant's/Toddlers~
Milk/Formula**

**Menu subject to
change**