



SEPTEMBER | 2017

CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B~ egg and cheese burrito, diced pears, milk L~ cheeseburger, lettuce, tomato, crinkle cut fries, diced peaches, carrot sticks, milk S~ teddy grahams, yogurt, water
4 Closed	5 B~ cornflakes, applesauce, milk L~ scrambled eggs, toast, hash browns, sausage link, tropical fruit, milk S~ animal crackers, mandarin oranges, water	6 B~ raisin toast, diced peaches, milk L~ chicken quesadilla, lettuce, tomato, salsa, diced pineapple, milk S~ cheese roll-up, twisted pretzels, water	7 B~ sausage biscuits, banana, milk L~ breaded chicken nuggets, mashed potatoes, rolls, green beans, milk S~ strawberry chex mix, honeydew melon, water	8 B~ egg and cheese, toasted English muffin, fresh melon mix, milk L~ hot ham and cheese sub, baked BBQ chips, corn, milk S~ pretzel crisps, raisins, water
11 B~ cheerios, diced apples, milk L~ turkey, cheese wrap, carrot coins, mandarin oranges, milk L~ cheddar rice cakes, cheese cubes, water	12 B~ cheese toast, blueberries, milk L~ cheese stuffed ravioli, meatballs, garden salad, tropical fruit, milk S~ oranges, wheat thins, water	13 B~ egg and cheese bagel, strawberries, milk L~ chef salad, stuffed cheese breadsticks, diced pears, milk S~ teddy grahams, yogurt cup, water	14 B~ French toast sticks, kiwi, milk L~ ham and cheese French bread pizza, steamed corn, grapes, milk S~ cucumber slices, ritz crackers, water	15 B~ boiled egg, toast, diced peaches, milk L~ taco's, lettuce, tomatoes Spanish rice, fruit cocktail, refried beans, milk S~ cheez-its, string cheese, water
18 B~ rice kipsies, diced pears, milk L~ toasted cheese sandwich, peas and carrots, oranges, baked chips, yogurt cup, milk	19 B~ pancakes, applesauce, milk L~ popcorn chicken bites, crinkle cut fries, mixed veggies, strawberries, milk S~ watermelon, saltine's, water	20 B~ smoked sausage, toast, cantaloupe, milk L~ cheeseburger, lettuce, tomato, wedge fries, honeydew melon, milk S~ wow butter and jelly sandwiches, apple slices, water	21 B~ waffle sticks, mandarin oranges, milk L~ parmesan chicken pasta, steamed broccoli Garlic bread, diced pineapple, milk S~ diced ham, cheese cubes, saltines, water	22 B~ egg biscuits, cuties, milk L~ pigs in a blanket, whole seasoned potatoes, veggie medley, milk S~ veggie straws, string cheese, water
25 B~ kix cereal, applesauce, milk L~ mini corn dogs, corn nuggets, 3 bean salad, diced peaches, milk S~ blue tortilla chips, salsa, oranges, water	26 B~ ham slice toast, jelly, fresh pineapple, milk L~ beef & cheese stuffed soft taco, refried beans, lettuce, tomato, diced pears, milk S~ cheddar rice cakes, grapes, water	27 B~ homemade cinnamon toast, diced apples, milk L~ country pork chops, mashed potatoes, green beans, roll, milk S~ pretzels, yogurt cup, water	28 B~ bagel, cream cheese, black berries, milk L~ whole grain shrimp poppers, kiwi, corn on the cob, crinkle cut fries breadsticks, milk S~ watermelon, trail mix, water	29 B~ hash brown, biscuit, fruit cocktail, milk L~ stuffed crust whole grain pizza, garden salad, mandarin oranges, milk S~ goldfish crackers, cheese cubes, water

News

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

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

Snack Ages 1 - 2 Milk~ 1/2 cup Meat and meat alt. ~ 1/2 oz Veg~ 1/2 cup Fruit~ 1/2 cup Grains~ 1/2 oz Ages 3-5 Milk~ 1/2 cup Meat and meat alt.~ 1/2 oz Veg~ 1/2 cup Fruit~ 1/2 cup Grains~ 1/2 oz Ages 6-12 Milk~ 1 cup Meat and meat alt.~ 1 oz Veg~ 3/4 cup Fruit~ 3/4 cup Grains~ 1oz

Infant's/Toddlers~ Milk/Formula

Menu subject to change