



NOVEMBER | 2017

CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 B~ biscuits, jelly, fruit cocktail, milk L~ cheese stuffed ravioli, meatballs, garden salad, kiwi, milk S~ rice cakes, orange slices, water	2 B~ wheat cinnamon toast, diced pears, milk L~ fish nuggets, green beans, fries, grapes, milk S~ chex mix, cucumber slices, water	3 B~ mini bagel, cream cheese, applesauce, milk L~ chicken quesadilla, lettuce, Tomato, Spanish rice, dice pineapple, milk S~ white cheddar cheez its, cheese cubes, water
6 B~ corn flakes, applesauce, milk L~ toasted cheese sandwich, peas, carrots, oranges, yogurt cups, milk S~ wheat thins, diced pineapple, water	7 B~ blueberry muffin, banana, milk L~ orange chicken, oriental veggies, egg rolls, cuties, milk S~ trail mix, string cheese, water	8 B~ sausage biscuit, kiwi, milk L~ chicken and butter noodles, corn, diced pears, milk S~ soft pretzel, cheese sauce, water	9 B~ cheese toast, tropical fruit, milk L~ mini corn dogs, mac & cheese, diced apples, mixed veggies, milk S~ diced ham, cheese cubes, saltines, water	10 B~ pancakes, blueberries, Milk L~ stuffed crust pizza, garden salad, mandarin oranges, milk S~ veggie chips, cheese roll up, water
13 B~ kix cereal, diced peaches, milk L~ hot ham and cheese sub, green beans, diced pineapple, milk S~ apple rice cake, mandarin oranges, water	14 B~ egg and cheese omelet patty, fruit cocktail, toast, milk L~ 3 cheese calzone, garden salad, steamed corn, milk S~ boiled egg, ritz crackers, water	15 B~ blueberry waffles, banana, milk L~ baked turkey, mashed potatoes, turkey dressing, green beans, gravy, rolls, cranberry relish, pumpkin pie, milk S~ rice chex, fresh pineapple, water	16 B~ multigrain cheerios, cuties, milk L~ cheese burgers, lettuce, tomato. BBQ chips, applesauce, milk S~ teddy grahams, yogurt, water	17 B~ raisin toast, mandarin oranges, milk L~ grilled chicken sandwich, wedge fries, apple slices, milk S~ wheat cheese sandwich, tortilla chips, salsa, water
20 B~ rice Krispies, diced apples, milk L~ popcorn chicken bites, seasoned fries, green beans, diced pears, milk S~ strawberry chex mix, cuties, water	21 B~ sausage biscuits, blueberries, milk L~ spaghetti, meatballs, garlic bread, mandarin oranges, milk S~ twisted pretzels, string cheese, water	22 B~ French toast sticks, diced peaches, milk L~ bologna, cheese sandwiches, baked chips, carrot sticks, diced pineapple, milk S~ animal crackers, yogurt cups, water	23 COM CLOSED	24 COM CLOSED
27 B~ cinnamon toast crunch, applesauce, milk L~ ham & cheese roll-up, cooked carrots, sun chips, tropical fruit, milk S~ goldfish, cheese cubes, water	28 B~ ham, egg and cheese bagel, diced peaches, milk L~ BBQ ribs, sweet potatoes, roll, corn on cob, milk S~ apple wedge, rice cakes, water	29 B~ cinnamon toast, diced bagel, diced peaches, milk L~ meatball sub, cauliflower broccoli medley, fresh pineapple, milk S~ pepper sticks, oranges, water	30 B~ waffle, banana, milk L~ country pork chop, mashed potatoes, green beans, rolls, milk S~ wow butter and jelly sandwich, veggie straws, water	

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Breakfast Ages 1 - 2 Milk~ ½ cup Veg, fruit, or broth~ ¼ 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