



# OCTOBER | 2017

## CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> B~ rice krispies cereal, diced apples, milk L~ hotdogs w/chili & claw, baked beans, fruit cocktail, milk S~ raisins, twisted pretzels, water	<b>3</b> B~ cinnamon toast, kiwi, milk L~ diced ham, northern beans, diced hash brown, corn bread, cooked apples, milk S~ multi grain cheerio, yogurt, water	<b>4</b> B~ egg and cheese burrito, banana, milk L~ baked spaghetti, meat sauce, garlic bread, garden salad, orange slices, milk S~ trail mix, apple slices, water	<b>5</b> B~ pumpkin bagel w/cream cheese, diced pears, milk L~ bologna and cheese sandwich, cucumber slices, sun chips, mandarin oranges, milk S~ tropical fruit, pretzel sticks, water	<b>6</b> B~ boiled egg, toast, fruit cocktail, milk L~ ham and cheese pizza slider, diced peaches, steamed corn, milk S~ apple straws, string cheese, water
<b>9</b> B~ cheerios, applesauce, milk L~ ham and cheese roll up, pretzels, tropical fruit, peas, milk S~ goldfish, cheese cubes, water	<b>10</b> B~ pancakes, blueberries, milk L~ seasoned baked chicken, whole seasoned potatoes, roll, three bean mix, milk S~ strawberry chex mix, grapes, water	<b>11</b> B~ ham, toast, fresh pineapple, milk L~ meatballs w/gravy, buttered noodles, cauliflower, broccoli medley, diced pears, milk S~ cantaloupe, rice chex, water	<b>12</b> B~ French toast sticks, banana, milk L~ Italian sub, fries, diced peaches, carrots w/ranch, milk S~ wow butter and jelly sandwiches (wheat), honey dew, water	<b>13</b> B~ kix cereal, diced apples, milk L~ cheese burger, plain baked chips, baked beans, mandarin oranges, milk S~ rice cakes, tropical fruit, water
<b>16</b> B~ cinnamon toast crunch, diced peaches, milk L~ beef, bean, cheese burrito, shredded lettuce, diced tomato, diced pears, milk S~ string cheese, ritz crackers, water	<b>17</b> B~ sausage, biscuit, applesauce, milk L~ breaded chicken nuggets, mashed potatoes, green beans, roll, milk S~ red pepper hummus, wheat thins, cucumber slices, water	<b>18</b> S~ mini blueberry waffle, banana, milk L~ BBQ rib(boneless), diced potatoes, roll, corn on cob, milk S~ soft pretzel w/cheese sauce, mandarin oranges, water	<b>19</b> B~ sausage breakfast pizza, fruit cocktail, milk L~ scrambled eggs, biscuits, sausage links, hash browns, diced cooked apples, milk, S~ teddy grahams, yogurt, water	<b>20</b> B~ rice krispies, kiwi, milk L~ chicken sandwich, baked bbq chips, peas and carrots, fruit cocktail, milk S~ veggie straws, cheese cubes, water
<b>23</b> B~ corn flakes, applesauce, milk L~ turkey and cheese sandwich, veggie chips, mixed veggies, diced pears, milk S~ saltines, pepper sticks, water	<b>24</b> B~ cinnamon raisin bagel w/cream cheese, banana, milk S~ baked ham, au gratin potatoes, roll, diced peaches, milk S~ orange slices, white cheddar chez its, water	<b>25</b> B~ pumpkin muffins, blueberries, milk L~ chicken Alfredo pasta, garlic bread, steamed broccoli, tropical fruit, milk S~ animal crackers, applesauce, water	<b>26</b> B~ biscuit, hash brown, honey dew, milk L~ taco salad, refried beans, lettuce, tomato, diced pineapple, milk S~ veggie chips, grapes, water	<b>27</b> B~ pumpkin bagel, diced pears, milk L~ baked fish, cole slaw, shoestring fries, hushpuppies, diced pineapple, milk S~ Carmel rice cakes, yogurt cup, water
<b>30</b> B~ cinnamon toast crunch, mandarin oranges, milk L~ pancakes, sausage links, cooked diced apples, hash brown, milk S~ cheese roll up, veggie chips, water	<b>31</b> B~ Halloween super donut, monster banana, milk L~ hot dogs, stuffed tator tots, diced pineapple, Halloween cupcake S~ trail mix, apple slices, 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**