



# DECEMBER | 2017

## CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> B~ mini bagel w/cream cheese, diced apples, milk L~ chef salad, cheese stuffed breadstick, dice pineapple, milk S~ applestraws, string cheese, water
<b>4</b> B~ blueberry waffle, applesauce, milk L~ turkey-cheese sub, diced pears, cooked carrots, sunchips, milk S~ pretzel crisps, raisins, water	<b>5</b> B~ corn flakes, banana, milk L~ pinto beans, ham slice, diced potatoes, sauerkraut, cornbread, milk S~ blue tortilla chips, salsa, oranges, water	<b>6</b> B~ egg- cheese burrito, dice peaches, milk L~ chicken egg roll, Spanish rice, oriental veggies, diced pineapple, milk S~ stuffed cheese breadstick w/marinara sauce, water	<b>7</b> B~ cinnamon apple muffin, diced pears, milk L~ hotdogs, potato smiles, pepper sticks, fruit cocktail, milk S~ string cheese, ritz crackers, water	<b>8</b> B~ sausage breakfast pizza, oranges, milk L~ grilled chicken sandwich, diced peaches, mixed veggies, milk S~ veggie chips, apple slices, water
<b>11</b> B~ multigrain cheerios, applesauce, milk L~ bologna/cheese sandwich, Peas, twisted pretzels, diced pineapple, milk S~ goldfish, cheese cubes, water	<b>12</b> B~ blueberry pancake wrap, tropical fruit, milk L~ diced ham, broccoli, cheese, roll, apple slices, milk S~ wheat thins, grapes, water	<b>13</b> B~ waffle sticks, banana, milk L~ Salisbury steak, mashed potatoes, green beans, rolls, milk S~ multi pepper sticks, pretzels, water	<b>14</b> B~ boiled egg, toast, diced peaches, milk L~ cheeseburger, wedge fries, appleslices, corn on cob, milk S~ soft pretzels w/cheese sauce, mandarin oranges, water	<b>15</b> B~ blueberry muffins, fruit cocktail, milk L~ ham and cheese flat bread pizza, garden salad, grapes, milk S~ red pepper hummus, wheat thins, tropical fruit, water
<b>18</b> B~ Rice krispies, diced apples, milk L~ fish sticks, mac & cheese, mixed veggies, tropical fruit, milk S~ animal crackers, applesauce, water	<b>19</b> B~ egg & cheese English muffin, banana, milk L~ chef salad, cheese stuffed breadstick, cuties, milk S~ applestraws, blueberries, water	<b>20</b> French toast sticks, fruit cocktail, milk L~ baked ham, au gratin potatoes, rolls, green beans, chocolate pie, milk S~ multi grain cheerios, yogurt, water	<b>21</b> B~ blueberry bagel, diced pears, milk L~ bacon-egg&cheese burrito, hash brown, cooked apples, salsa, milk S~ saltine crackers, cucumber slices, water	<b>22</b> B~ egg& cheese omelet, biscuit, diced apples, milk L~ hot ham & cheese sub, baked BBQ chips, corn, diced peaches, milk S~ twisted pretzels, oranges, water
<b>25</b> <b>COM CLOSED</b> MERRY CHRISTMAS	<b>26</b> <b>COM CLOSED</b>	<b>27</b> B~ kix cereal, applesauce, milk L~ spaghetti & meatballs, garlic toast, steamed broccoli, mandarin oranges, milk S~ cheez its, string cheese, water	<b>28</b> French toast sticks, fruit cocktail, milk L~ whole grain cheese pizza, corn, baked chips, diced pineapple, milk S~ teddy grahams, yogurt, water	<b>29</b> sausage breakfast pizza, diced peaches, milk L~ hotdogs, chili, slaw, green beans, wedge fries, mandarin oranges, milk S~ veggie straws, cheese cubes, 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**