



FEBRUARY | 2018

CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 B~ French toast, tropical fruit, milk L~ steak sandwich, grilled onions, peppers and mushrooms, shoestring fries, mixed veggies, diced pineapple, milk S~ rice cakes, cuties, water</p>	<p>2 B~ pancake wrap, diced apples, milk L~ hotdogs, steamed corn, baked beans, sun chips, diced peaches, milk S~ veggie chips, cheese cubes, water</p>
<p>5 B~ raisin toast, applesauce, milk L~ turkey cheese rollups, baked chips, oranges, mixed veggies, milk S~ club crackers, string cheese, water</p>	<p>6 B~ rice krispies, diced pears, milk L~ cheese stuffed ravioli, garlic bread, meatballs, garden salad, milk S~ cheez-it's, cucumbers, water</p>	<p>7 B~ egg and cheese omelet, toast, diced peaches, milk L~ popcorn chicken bits, fries, corn on cob, apple slices, milk S~ goldfish, applesauce, water</p>	<p>8 B~ cinnamon raisin bagel w/cream cheese, banana, milk L~ BBQ ribs, mashed potatoes, green beans, rolls, milk S~ animal crackers, grapes, water</p>	<p>9 B~ sausage link, biscuit, fruit cocktail, milk L~ cheese pizza, baked chips. Garden salad, diced pineapple, yogurt, milk S~ ritz crackers, diced ham, water</p>
<p>12 B~ kix cereal, tropical fruit, milk L~ deli chicken sandwich, pretzels, cucumber slices, deiced pears, milk S~ teddy grahams, yogurt cup, water</p>	<p>13 B~ egg and cheese English muffin, applesauce, milk L~ cheeseburger, wedge fries, lettuce, tomato, diced peaches, milk S~ veggie straws, raisins, water</p>	<p>14 B~ cinnamon toast, diced apples, milk L~ breaded chicken nuggets, rolls, broccoli and cauliflower, au gratin potatoes, milk S~ trail mix, bananas, water</p>	<p>15 B~ pancakes, blueberries, milk L~ summer sausage, pinto beans, cornbread, diced potatoes, sauerkraut, milk S~ goldfish, string cheese, water</p>	<p>16 B~ sausage egg and cheese bagel, diced pineapple, milk L~ cheese nachos, lettuce, tomato, salsa, corn, mandarin oranges, milk S~ Carmel rice cakes, apple slices, water</p>
<p>19 B~ cinnamon toast crunch, diced peaches, milk L~ baked penne, garlic toast, steamed broccoli, mandarin oranges, milk S~ WOW butter sandwiches, baked chips, water</p>	<p>20 B~ mini bagel w/cream cheese, banana, milk L~ chicken, noodles, tropical fruit, mixed veggies, milk S~ cheese roll ups, pretzel sticks, water</p>	<p>21 B~ cheese toast, diced pineapple, milk L~ scrambled eggs, biscuits, sausage patty, diced cooked apples, hash browns, milk S~ strawberry chex mix, yogurt, water</p>	<p>22 B~ waffles, diced pears, milk L~ chicken and cheese burrito, salad, corn and black beans, orange wedges, milk S~ saltines, cheese cubes, water</p>	<p>23 B~ ham and cheese English muffin, fruit cocktail, milk L~ pigs-in-blanket, mac and cheese, peas and carrots, diced peaches, milk S~ blue tortilla chips, salsa, pepper sticks, water</p>
<p>26 B~ rick krispies, apple sauce, milk L~ hot ham and cheese sandwiches, baby bakers, diced peaches, milk S~ red pepper hummus, wheat thins, water</p>	<p>27 B~ cheese toast, diced pears, milk L~ fish sticks, bread sticks, fries, corn on cob, oranges slices, milk S~ rice cakes, grapes, water</p>	<p>28 B~ sausage link, toast, diced pineapple, milk L~ Salisbury steak, gravy, mashed potatoes, rolls, green beans, milk S~ chex mix, cucumber slices, water</p>		

News

Menu subject to change depending on kitchen construction.

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~

Infant's/Toddlers~ Milk/Formula 1oz.