



MAY | 2018

CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 B~ sausage biscuit, blueberries, milk L~ ham and cheese sliders, fries, yogurt, strawberries, milk S~ red pepper hummus, wheat thins, cuties, water	2 B~ pancakes, applesauce, milk L~ spaghetti, meatballs, garden salad, garlic toast, orange slices, milk S~ yogurt, rice cakes, water	3 B~ egg and cheese burrito, fruit cocktail, milk L~ baked chicken, mashed potatoes, green beans, roll, milk S~ cucumber slices, saltines, water	4 B~ kix cereal, mandarin oranges, milk L~ hot bologna sandwich, baked chips, carrot sticks, watermelon, milk S~ pretzel crisps, cheese cubes, water
7 B~ cinnamon toast crunch, diced peaches, milk L~ pancakes, sausage links, hashbrowns, cooked diced apples, milk S~ multigrain cheerios, diced pineapple, water	8 B~ blueberry waffles, banana, milk L~ hotdogs, fries, corn on cob, fruit cocktail, milk S~ strawberry chex mix, blueberries, water	9 B~ ham and cheese bagel, diced pineapple, milk L~ chicken sandwich, baby bakers, diced peaches, milk S~ carmel rice cakes, orange slices, water	10 B~ cinnamon toast, mandarin oranges, milk L~ bbq ribs, mashed potatoes, green beans, rolls, milk S~ soft pretzel, cheese sauce, tropical fruit, water	11 B~ French toast sticks, fresh strawberries, milk L~ cheese pizza, garden salad, diced pineapples, yogurt, milk S~ cheese roll ups, chips and salsa, water
14 B~ multigrain cheerios, fruit cocktail, milk L~ ham and cheese roll up, peas and carrots, cuties, milk S~ appleslices, cheddar rice cakes, water	15 B~ raisin toast, diced apples, milk L~ buttered noodles, meatballs, gravy, green beans, mashed potatoes, milk S~ cheese sandwich, pretzel sticks, water	16 B~ egg and cheese omelet, tropical fruit, toast, milk L~ fish sticks, hushpuppies, mac and cheese, fries, kiwi, milk S~ cheddar chex mix, yogurt, water	17 B~ biscuit, sausage links, apple sauce, milk L~ popcorn chicken, cheese stuffed tator tots, blueberries, milk S~ veggie straws, carrot sticks, water	18 B~ French toast sticks, strawberries, milk L~ cheese burgers, hashbrowns, corn on cob, milk S~ boiled eggs, rice cakes, water
21 B~ cornflakes, diced pears, milk L~ toasted cheese sandwich, yogurt, corn, diced peaches, milk S~ goldfish, string cheese, water	22 B~ biscuit, hashbrowns, applesauce, milk L~ steak sandwich, fries, cuties, pepper sticks, milk S~ tortilla chips, cheese sauce, diced ham, water	23 B~ egg and cheese English muffin, diced peaches, milk L~ pepperoni rolls, baked chips, carrot sticks, tropical fruit, milk S~ cheese roll up, twisted pretzels, water	24 B~ pancakes, banana, milk L~ pigs ~n~ blanket, hashbrowns, strawberries, milk S~ trail mix, cheese cubes, water	25 B~ ham and cheese bagel, blueberries, milk L~ grilled chicken sandwich, pasta salad, oriental veggies, watermelon, milk S~ teddy grahams, yogurt, water
28 COM CLOSED	29 B~ cinnamon toast crunch, applesauce, milk L~ sausage cheese pizza bread, garden salad, corn, milk S~ multigrain cheerios, grapes, water	30 B~ pancakes on a stick, mandarin oranges, milk L~ scrambled eggs, ham slice, cooked apples, hashbrowns, biscuit, milk S~ strawberries, rice cakes, water	31 B~ rick krispies, diced apples, milk L~ beef soft tacos, Spanish rice, lettuce, tomatoes, oranges, milk S~ ham roll up, sun chips, water	

News

Menu subject to change

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~ ¾ 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.**