

# JULY | 2018

## CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 B~ cinnamon toast, applesauce, milk L~ bologna, cheese sandwich, carrots sticks, oranges, veggie chips, milk S~ twisted pretzels, cheese cubes, water	3 B~ blueberry bagel w/cream cheese, diced peaches, milk L~ sausage, cheese pizza, garden salad, blueberries, milk S~ grapes, yogurt cups, water	4 <b>COM CLOSED</b>	5 B~ French toast sticks, diced pears, milk L~ brat sausage on bun, pepper, onions, pepper sticks, baked chips, apples, milk S~ bananas, cinnamon cheerios, water	6 B~ kix cereal, strawberries, milk L~ meatballs, gravy, buttered noodles, peas & carrots, mashed potatoes, milk S~ tortilla chips, salsa, water
9 B~ cheese toast, fruit cocktail, milk L~ mini comdogs, mac & cheese, corn on cob, diced peaches, milk S~ wheat thins, red pepper hummus, water	10 B~ homemade apple muffins, diced peaches, milk L~ roast beef subs, pretzel sticks, cantaloupe, carrot sticks, milk S~ goldfish, string cheese, water	11 B~ pancakes, blueberries, milk L~ spaghetti, meatballs, garlic toast, garden salad, dice pineapple, milk S~ apple straws, wow butter, water	12 B~ ham slice, toast, kiwi, milk L~ turkey cheese rollups, multi pepper sticks, veggie straws, watermelon, milk S~ multi grain cheerios, yogurt cups, water	13 B~ chex cereal, applesauce, milk L~ hotdogs, cucumber slices, sunchips, cuties, milk S~ teddy grahams, strawberries, water
15 B~ toasted English muffin w/ jelly, diced peaches, milk L~ sloppy joes, pita chips, kiwi, carrot sticks, milk S~ oranges, mini carmel rice cakes	17 B~ boiled egg, toast, diced pineapple, milk L~ seasoned baked chicken, baby bakers, corn, rolls, milk S~ strawberry smoothie, animal crackers, water	18 B~ waffles, strawberries, milk L~ cheese burgers, lays chips. Broccoli spears, blueberry mix, cantaloupe, milk S~ bananas, teddy grahams, water	19 B~ ham, egg, cheese bagel, honey dew, milk L~ pepperoni rolls, yogurt cup, pasta salad, celery sticks, grapes, milk S~ diced ham, cheese cubes, ritz crackers, water	20 B~ rice krispies, applesauce, milk L~ grilled chicken sandwich, garden salad, watermelon, milk S~ chex mix, string cheese, water
23 B~ cinnamon toast crunch, diced apples, milk L~ popcorn shrimp, fries, corn on cob, diced pears, milk S~ rice chex, yogurt, water	24 B~ sausage link, toast, fruit cocktail, milk L~ meatball subs, carrot sticks, cantaloupe, veggie sticks, milk S~ apple rice cakes, wow butter, water	25 B~ blueberry bagel w/cream cheese, diced pineapple, milk L~ pepperoni & cheese flat bread pizza, corn, kiwi, yogurt, milk S~ soft pretzels w/ cheese sauce, diced turkey, water	26 B~ pre packaged apple muffin, tropical fruit, milk L~ deli chicken skinnies w/ cheese, baked chips cucumber slices, bananas, milk S~ chez its, apples, water	27 B~ egg patty biscuit, applesauce, milk L~ wow butter & jelly sandwiches, grapes, carrot sticks, twisted pretzels, milk S~ strawberry chex mix, yogurt, water
30 B~ sausage patty, biscuit, diced pineapple, milk L~ fried bologna sandwiches, multi pepper sticks, apples, sun chips, milk S~ rice cakes, raisins, water	31 B~ pancakes, diced peaches, milk L~ chicken fries, tator tots, fresh pineapple, milk S~ cheese roll ups, veggie chips, water			

### News

#### Menu subject to change

**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.**