



OCTOBER | 2018

CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 B~ rice krispies, diced apples, milk L~ hotdogs, corn on cob, fruit cocktail, baked chips, milk S~ raisins, yogurt, twisted pretzels, water	2 B~ cinnamon toast, diced pineapple, milk L~ spaghetti, meatballs, garlic toast, garden salad, orange slices, milk S~ trail mix, apple slices, water	3 ~ boiled egg, toast, tropical fruit, milk L~ ham slices, pinto beans, diced potatoes, corn bread, cooked apples, milk S~ multi grain cheerios, yogurt, water	4 B~ bagel w/cream cheese, diced pears, milk L~ bologna and cheese sandwich, cucumber slices, sun chips, mandarin oranges, milk S~ pretzel sticks, grapes, water	5 B~ whole wheat donut sticks, diced peaches, milk L~ sausage and cheese pizza bread, tossed salad, diced pineapple, milk S~ sun chips, string cheese, water
8 B~ multi grain cheerios, applesauce, milk L~ ham and cheese roll up, twisted pretzels, tropical fruit, milk S~ goldfish, cheese cubes, water	9 B~ pancakes, blueberries, milk L~ BBQ ribs, diced potatoes, roll, corn on cob, milk S~ strawberry chex mix, grapes, water	10 B~ sausage, cheese biscuit, diced pineapple, milk L~ meatballs w/gravy, buttered noodles, cauliflower/broccoli medley, diced pears, milk S~ cantaloupe, rice chex, water	11 B~ French toast, bananas, milk L~ Italian sub, steak fries, carrots w/ranch, diced peaches, milk S~ red pepper hummus, wheat thins, cucumber sliced, water	12 B~ kix cereal, diced apples, milk L~ cheeseburgers, baked chips, baked beans, mandarin oranges, milk S~ apple rice cakes, tropical fruit, water
15 B~ cinnamon toast crunch, diced peaches, milk L~ chicken and cheese quesadilla, lettuce, tomatoes, diced pears, chips, salsa, milk S~ string cheese, cheddar chex mix, water	16 B~ ham slice, toast, jelly, applesauce, milk L~ fish sticks, coleslaw, fries, hushpuppies, diced pineapple, strawberry yogurt, milk S~ wheat WOW butter and jelly sandwiches, honeydew, water	17 Mini bagel w/cream cheese, banana, milk L~ seasoned baked chicken, whole potatoes, steamed corn, rolls, milk S~ soft pretzel w/cheese sauce, mandarin oranges, water	18 B~ sausage breakfast pizza, fruit cocktail, milk L~ egg patty biscuit, sausage links, hashbrown, diced cooked apples, milk S~ teddy grahams, yogurt, water	19 B~ rice krispies, kiwi, milk L~ breaded chicken sandwich, baked bbq chips, mixed veggies, diced peaches, milk S~ ham roll up, cheese cubes, water
22 B~ cornflakes, applesauce, milk L~ honey battered chicken tenders, wedge fries, roll, tropical fruit, yogurt cup, milk S~ cheese slice, saltines, pepper sticks, water	23 B~ raisin toast, diced peaches, milk L~ turkey, cheese sandwich, pretzel sticks, peas, diced pears, milk S~ oranges slices, white cheddar chez-its, water	24 B~ pumpkin muffins, blueberries, milk L~ baked ham, au gratin potatoes, roll, green beans, milk S~ animal crackers, apple slices, water	25 B~ biscuit, jelly, hash brown, fruit cocktail, milk L~ beefy nachos, refried beans, lettuce, diced tomatoes, salsa, diced pineapple, milk S~ pepperoni (lk), ham (ee), club crackers, grapes, water	26 B~ bagel w/cream cheese, banana, milk L~ hot ham and cheese sub, baby bakers, corn on cob, sun chips, milk S~ carmel rice cakes, yogurt, water
29 B~ cinnamon toast crunch, mandarin oranges, milk L~ pancakes, sausage links, hash browns, cooked diced apples, milk S~ trail mix, apple slices, water	30 B~ pancake on a stick, diced pears, milk L~ tomato soup, toasted cheese sandwich, mixed veggies, crackers, yogurt, kiwi, milk S~ cuties, cheese roll up, veggie chips, water	31 B~ super donut, banana, milk L~ hotdogs, cheese stuffed tator tots, corn on cob, diced pineapple, milk S~ teddy grahams, yogurt, 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.