



NOVEMBER | 2018

CHILDREN'S OUTREACH MINISTRIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B~ biscuit w/jelly, fruit cocktail, milk L~ cheese stuffed ravioli w/sauce, meatballs, garden salad, diced peaches, milk S~ rice cakes, orange slices, water	2 B~ mini bagel w/cream cheese, applesauce, milk L~ pepperoni pizza, steamed corn, mandarin oranges, baked chips, milk S~ white cheddar cheez-its, cheese cubes, water
5 B~ corn flakes, apple sauce, milk L~ vegetable beef soup, grilled cheese sandwich, orange slices, crackers, yogurt cup, milk S~ wheat thins, diced ham, diced pineapple, water	6 B~ blueberry muffin, tropical fruit, milk L~ mini corn dogs, mac and cheese, diced apples, mixed veggies, milk S~ trail mix, string cheese, water	7 B~ sausage biscuit, kiwi, milk L~ chicken, buttered noodles, corn diced pears, milk S~ soft pretzel w/cheese sauce, mandarin oranges, water	8 B~ cheese toast, banana, milk L~ chicken tenders, oriental veggies, egg roll, cuties, milk S~ diced turkey, cheese cubes, saltines, water	9 B~ pancakes, blueberries, milk L~ baked turkey, mashed potatoes, gravy, stuffing, green beans, rolls, cranberry relish, pumpkin roll, milk S~ cheese roll up, sun chips, water
12 B~ kix cereal, diced peaches, milk L~ fish nuggets, corn on cob, hushpuppies, fries, diced apples, yogurt, milk S~ apple rice cakes, orange slices, water	13 B~ apple muffin, fruit cocktail, milk L~ ham and cheese sub, green beans, diced pineapple, lays chips, milk S~ boiled egg, ritz crackers, water	14 B~ waffles, banana, milk L~ grilled chicken sandwich, wedge fries, apple slices, milk S~ rice chex, diced pineapple, water	15 B~ multi-grain cheerios, cuties, milk L~ cheese burgers, steamed corn, baked BBQ chips, applesauce, milk S~ cheese sandwich, tortilla chips, salsa, water	16 B~ whole wheat donut sticks, diced pears, milk L~ deli chicken sliders, tossed salad, diced pineapple, baked BBQ chips, milk S~ teddy grahams, yogurt, water
19 B~ rice krispies, diced apples, milk L~ honey battered chicken nuggets, corn on cob, diced pears, fries, yogurt cups, milk S~ strawberry chex mix, cuties, water	20 B~ sausage biscuits, blueberries, milk L~ spaghetti w/meatballs, garlic bread, steamed broccoli, mandarin oranges, milk S~ twisted pretzels, string cheese, water	21 B~ kix cereal, diced peaches, milk L~ bologna and cheese sandwich, carrot sticks, diced pineapple, baked chips, milk S~ animal crackers, yogurt cups, water	22 CLOSED	23 CLOSED
26 B~ cinnamon toast crunch, apple sauce, milk L~ BBQ ribs, sweet potatoes, corn on cob, rolls, milk S~ apple wedges, rice cakes, water	27 B~ ham, egg and cheese bagel, diced peaches, milk L~ roast beef and cheese roll up, sun chips, cooked carrots, tropical fruit, milk S~ goldfish, cheese cubes, water	28 B~ pancake on a stick, diced pears, milk L~ meatball sub, cauliflower and broccoli medley, diced pineapple, milk S~ cucumber slices, ranch, orange slices, water	29 B~ sausage links, toast, banana, milk L~ country pork chop. Gravy, mashed potatoes, green beans, rolls, milk S~ wow butter and jelly sandwich, pretzels sticks, water	30 B~ mini bagel w/cream cheese, diced apples, milk L~ chef salad, cheese stuffed breadsticks, mandarin oranges, milk S~ string cheese, apple sticks, ritz crackers, 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.