



DECEMBER | 2018

Children's Outreach Ministries

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 B~ rice krispies, applesauce, milk L~ pinto beans, ham slice, sour kraut, corn bread, potatoes, milk S~ pretzel crisps, cheese sandwich, water	4 B~ cornflakes, diced peaches, milk L~ turkey and cheese sub, diced pears, cooked carrot coins, sun chips, milk S~ blue tortilla chips, salsa, oranges slices, water	5 B~ egg and cheese omelet, toast, banana, milk L~ boneless chicken wing, oriental veggies, diced pineapple, Spanish rice, milk S~ stuffed cheese breadsticks w/ marinara sauce, veggie chips, water	6 B~ waffles, oranges, milk L~ hotdogs, star hash browns, pepper sticks, fruit cocktail, milk S~ string cheese, ritz crackers, water	7 B~ cinnamon apple muffin, diced peaches, milk L~ grilled chicken sandwich, diced peaches, mixed veggies, veggie sticks, milk S~ ham and cheese roll up, pretzel sticks, water
10 B~ multi-grain cheerios, apple sauce, milk L~ bologna and cheese sandwich, corn, twisted pretzels, diced pineapple, milk S~ goldfish, cheese cubes, water	11 B~ pancakes on a stick, tropical fruit, milk L~ Salisbury steak, mashed potatoes, green beans, rolls, milk S~ wheat thins, grapes, water	12 B~ kix cereal, banana, milk L~ cheese burgers, baked BBQ chips, corn on cob, apple slices, milk S~ multi pepper sticks, pretzel sticks, water	13 B~ egg patty, toast, diced peaches, milk L~ roast beef and cheese sliders, veggie chips, carrot sticks, mandarin oranges, milk S~ string cheese, sun chips, water	14 B~ blueberry muffin, fruit cocktail, milk L~ sausage and cheese pizza, garden salad, grapes, milk S~ wheat thins, red pepper hummus, tropical fruit, water
17 B~ rice krispies, tropical fruit, milk L~ egg patty, biscuit, sausage links, hash browns, cooked diced apples, milk S~ animal crackers, apple sauce, water	18 B~ pancakes, blueberries, milk L~ fish sticks, mac and cheese, mixed veggies, diced apples, yogurt, milk S~ cheese roll up, fruit cocktail, water	19 B~ French toast sticks, banana, milk L~ baked ham, au gratin potatoes, green beans, rolls, chocolate pie, milk S~ multi-grain cheerios, yogurt cup, water	20 B~ toasted blueberry bagel, diced peaches, milk L~ chicken and cheese sub, baked chips, corn, diced peaches, milk S~ twisted pretzels, orange slices, water	21 B~ kix cereal, diced apples, milk L~ chef salad, cheese stuffed breadstick, cuties, milk S~ saltine crackers, cucumber slices, diced turkey, water
24 COM CLOSED	25 COM CLOSED	26 B~ rice krispies, apple sauce, milk L~ turkey and cheese roll ups, carrot sticks, diced apples, sun chips, milk S~ strawberry chex mix, yogurt cup, water	27 B~ super donut, fruit cocktail, milk L~ spaghetti, meatballs, garlic bread, steamed broccoli, mandarin oranges, milk S~ white cheddar chex its, string cheese, water	28 B~ cinnamon toast crunch, diced peaches, milk L~ hotdogs, wedge fries, corn on cob, milk S~ teddy grahams, yogurt, water
31 COM CLOSED				

News

Menu subject to change

Breakfast Ages 1 - 2 Milk~ 1/2 cup Veg, fruit, or broth~1/4 cup Grains~ 1/2 oz
 Ages 3 - 5 Milk 3/4 cup Veg, fruit, or broth~ 1/2 cup Grains~ 1/2 oz
 Ages 6 - 12 Milk~ 1 cup Veg, fruit, or broth~ 1/2 cup Grains~ 1 oz

Lunch Ages 1 - 2 Milk~ 1/2 cup Meat and meat alt.~ 1 oz Veg~ 1/8 cup Fruit~ 1/8 cup Grains~ 1/2 oz
 Ages 3 - 5 Milk~3/4 cup Meat and meat alt.~ 1 1/2 oz Veg~ 1/4 cup Fruit~ 1/4 cup Grain~ 1/2 oz
 Ages 6-12 Milk~ 1 cup Meat and meat alt.~ 2 oz Veg~ 1/2 cup Fruit~ 1/4 cup Grains~ 1 oz

Snack Ages 1 - 2 Milk~ 1/2 cup Meat and meat alt. ~ 1/2 oz Veg~ 1/2 cup Fruit~ 1/2 cup Grains~ 1/2 oz
 Ages 3-5 Milk~ 1/2 cup Meat and meat alt.~ 1/2 oz Veg~ 1/2 cup Fruit~ 1/2 cup Grains~ 1/2 oz
 Ages 6-12 Milk~ 1 cup Meat and meat alt.~ 1 oz Veg~ 3/4 cup Fruit~ 3/4 cup Grains~

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