



# JANUARY | 2019

## Children's Outreach Ministries

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>31</b></p> <p><b>COM</b></p> <p><b>Closed</b></p>	<p><b>1</b></p> <p><b>COM</b></p> <p><b>Closed</b></p>	<p><b>2</b> B~ rice krispies cereal, diced apples, milk L~ turkey &amp; cheese roll up, baked chips, peas &amp; carrots, diced pineapple, milk S~ goldfish, cheese cubes, water</p>	<p><b>3</b> B~ sausage biscuit, bananas, milk L~ grilled chicken alfredo, garlic toast, steamed broccoli, tropical fruit, milk S~ teddy grahams, yogurt, water</p>	<p><b>4</b> B~ mini bagels w/cream cheese, fruit cocktail, milk L~ pepperoni rolls, pasta salad, carrot sticks, fruit cocktail, milk S~ E.E. rice cakes, diced pineapple, water S~ afterschool- pepperoni rolls, diced pineapple, water</p>
<p><b>7</b> B~ multi-grain cheerios, applesauce, milk L~ chicken nuggets, tator tots, cauliflower/broccoli medley, strawberry yogurt, milk S~ cheese roll up, fruit cocktail, water</p>	<p><b>8</b> B~ cheese toast, cuties, milk L~ fish sticks, mac and cheese, diced pears, corn on cob, yogurt, milk S~ ritz crackers, cucumber sticks, water</p>	<p><b>9</b> B~ pancakes, diced peaches, milk L~ cheese burgers, wedge fries, cooked carrots, milk S~ saltines, string cheese, grapes, water</p>	<p><b>10</b> B~ banana breakfast muffins, diced apples, milk L~ cheese pizza, garden salad, mandarin oranges, strawberry yogurt, milk S~ cheese rollup, chips w/salsa, water</p>	<p><b>11</b> B~ rice krispies, applesauce, milk L~ pigs-in-blanket, fries, peas, diced pineapple, milk S~ rice cakes, tropical fruit, water</p>
<p><b>14</b> B~ cinnamon toast crunch, diced pineapple, milk L~ hotdogs, green beans, diced pears, baked BBQ chips, milk S~ teddy grahams, yogurt cup, water</p>	<p><b>15</b> B~ sausage link, toast, frozen strawberries, milk L~ meatballs, buttered noodles, steamed broccoli, tropical fruit, milk S~ red pepper hummus, wheat thins, cucumber slices, water</p>	<p><b>16</b> B~ corn flakes, banana, milk L~ cheese stuffed ravioli w/meat sauce, garden salad, dice peaches, milk S~ soft pretzels w/cheese sauce, mandarin oranges, water</p>	<p><b>17</b> B~ egg and cheese English muffin, diced pears, milk L~ taco salad, corn/black bean mix, salsa, tropical fruit, milk S~ strawberry chex, apple slices, water</p>	<p><b>18</b> B~ super donut, applesauce, milk L~ hot bologna sandwich, baked chips, mixed veggies, diced pineapple, milk S~ trail mix, string cheese, water</p>
<p><b>21</b> B~ rice krispies, fruit cocktail, milk L~ mini corndogs, wedge fries, peas and carrots, mandarin oranges, milk L~ animal crackers, yogurt cup, water</p>	<p><b>22</b> B~ raisin toast, diced apples, milk L~ waffles, sausage links, hash browns, applesauce, milk S~ multi-grain cheerios, diced peaches</p>	<p><b>23</b> B~ biscuit w/jelly, banana, milk L~ chicken and cheese quesadilla, steamed corn, diced pineapple, milk S~ white cheddar chez-its, string cheese, water</p>	<p><b>24</b> B~ egg and cheese omelet patty, toast, tropical fruit, milk L~ country pork chops, mashed potatoes, green beans, corn bread, milk S~ cheese sandwich, pretzel sticks, water</p>	<p><b>25</b> B~ kix cereal, diced pears, milk L~ ham and cheese sliders, hash browns, fruit cocktail, milk S~ multi-grain cheerios, diced peaches, water</p>
<p><b>28</b> B~ corn flakes. Applesauce, milk L~ chef salad, cheese stuffed breadsticks, diced pears, milk S~ cheddar chex mix, apple slices, water</p>	<p><b>29</b> B~ sausage, egg biscuit, fruit cocktail, milk L~ meatballs, w/gravy, rolls, mashed potatoes, green beans, milk S~ carrot sticks, sun chips, water</p>	<p><b>30</b> B~ blueberry bagel w/cream cheese, banana, milk L~ stuffed pepperoni wedge, baked chips, mandarin oranges, garden salad, milk S~ ham and cheese sandwich, cucumber slices, water</p>	<p><b>31</b> B~ French toast, tropical fruit, milk L~ steak sandwiches, fries, mixed veggies, diced pineapple, milk S~ rice cakes, cuties, water</p>	<p><b>1</b></p>

### 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.