



MARCH | 2019

Children's Outreach Ministries

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25

26

27

28

1 B~ Kix cereal, applesauce, milk
L~ grilled chicken sandwich, pepper sticks, pretzel sticks, tropical fruit, milk
S~ teddy grahams, yogurt cup, water

4 B~ corn flakes, diced apples, milk
L~ chicken fajita, lettuce & tomato, diced pineapple, milk
S~ pretzel sticks w/cheese sauce, fruit cocktail, water

5 B~ pancake on a stick, blueberries, milk
L~ meatball sub, peas & carrots, veggie straws, diced peaches, milk
S~ strawberry chex, apple slices, water

6 B~ sausage, egg english muffin, tropical fruit, milk
L~ sausage cheese pizza, yogurt cup, garden salad, diced pineapple, milk
S~ cheese sandwich, grapes, water

7 B~ cheese toast, banana, milk
L~ country pork chop, mashed potatoes, green beans, cornbread, milk
S~ diced pears, pretzel sticks, water

11 B~ cinnamon toast crunch, diced peaches, milk
L~ hotdogs, corn on cob, sunchips, tropical fruit, milk
S~ red pepper hummus, wheat thins, water

12 B~ ham slice, toast, diced pineapple, milk
L~ toasted cheese sandwich, tomato soup, yogurt, fruit cocktail, celery sticks, crackers, milk
S~ pepper sticks, saltines, water

13 B~ sausage links, biscuits, diced pears, milk
L~ chicken fries, baked beans, hash browns, yogurt, blueberries, milk
S~ Carmel rice cakes, apple slices, water

14 B~ apple muffin, applesauce, milk
L~ meatloaf, mashed potatoes, cauliflower/broccoli medley, rolls, milk
S~ white cheddar chex its, cheese cubes, water

15 B~ frosted mini wheats, mandarin oranges, milk
L~ bologna cheese sandwich, carrots sticks, oranges, pretzels, milk
S~ cheddar chex mix, string cheese, water

18 B~ rice krispies, applesauce, milk
L~ cheese burgers, steak fries, mandarin oranges, milk
S~ whole wheat cheese sandwich, bakes BBQ chips, milk

19 B~ sausage links, toast, diced peaches, milk
L~ chicken nuggets, cheese stuffed tator tots, diced apples, milk
S~ ham and cheese roll up, Twisted pretzels, water

20 B~ mini bagel w/cream cheese, fruit cocktail, milk
L~ roast beef sub, sunchips, carrot sticks, tropical fruit, milk
S~ ritz crackers, cucumber slices, water

21 B~ cinnamon toast, blueberries, milk
L~ beefy nachos, Spanish rice, lettuce/tomatoes, steamed corn, mandarin oranges, milk
S~ trail mix, banana, water

22 B~ kix cereal, diced apples, milk
L~ turkey/cheese sliders, peas/corn, baked chips, tropical fruit, milk
S~ pretzel crisps, cheese cubes, water

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B~ multi-grain cheerios, diced peaches, milk
L~ mini corn dogs, corn on cob, diced pineapple, milk
S~ yogurt cup, rice chex, water

B~ pancakes, blueberries, milk
L~ Salisbury steak, gravy, mashed potatoes, green beans, rolls, milk
S~ animal crackers, apple sauce, water

B~ hash browns, biscuit, diced pears, milk
L~ pepperoni rolls, garden salad, yogurt, diced apples, milk
S~ rice cakes, tropical fruit, water

B~ raisin toast, fruit cocktail, milk
L~ pigs-n-blanket, mac and cheese, wedge fries, diced pineapple, milk
S~ ham and cheese slider, veggie straws, water

B~ corn flakes, banana, milk
L~ chicken sandwiches, carrot sticks, apple sauce, milk
S~ twisted pretzels, raspberry 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