


Required Breakfast Components 3-5 year olds are to have 3 components: Fruit or Vegetable: ½ cup Bread/Bread alternate: ½ slice or ½ oz. Fluid Milk: ¾ cup NOTE: A Meat/Meat alternate may be used to meet the entire grains no more than 3x a week.		BREAKFAST MENU LORNA BYRNE NOVEMBER 2018		Remember the Breakfast Condiments! Butter or margarine, fruit spread, honey (no honey if child is under 1 year old) cream cheese, light syrup, ketchup, salsa, hot sauce. W/W: Whole Wheat W/G: Whole Grain	
Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Pancakes 1/2 Cup Fruit Milk/Soy	2	
5 Breakfast Pizza 1/2 Cup Fruit Milk/Soy	6 Pancake Bites 1/2 Cup Fruit Milk/Soy	7 Biscuit & Gravy 1/2 Cup Fruit Milk/Soy	8 Scrambled Eggs W/W Toast 1/2 Cup Fruit Milk/Soy	9	
12 	13 Breakfast Slider 1/2 Cup Fruit Milk/Soy Milk/Soy	14 Cold Cereal 1/2 Cup Fruit Milk/Soy Milk/Soy	15 Sausage & Cheese English Muffin 1/2 Cup Fruit Milk/Soy	16	
19	20	21	22	23	
					
26 Breakfast Slider 1/2 Cup Fruit Milk/Soy	27 Pancake Bites 1/2 Cup Fruit Milk/Soy	28 Oatmeal 1/2 Cup Fruit Milk/Soy	29 Yogurt Parfait 1/2 Cup Fruit Milk/Soy	30	

SOFC is an equal opportunity provider. Menus are subject to change.
 Soy Milk is only served with a substitute request form or medical statement on file.
 For ages 2-5 "All milk served is 1%/non-fat unflavored milk"