



<b>Required Breakfast Components</b> <b>3-5 year olds are to have 3 components:</b> 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.		<b>LUNCH MENU</b>  <b>LORNA BYRNE</b>  <b>NOVEMBER 2018</b>		<b>Remember the Breakfast Condiments!</b>  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  Taco Salad 1/4 Cup Fruit w/C Chips Milk/Soy	2	
5  Bean & Cheese Enchilada 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	6  Cheese Burger 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	7  Turkey Gravy w/1/4 C Mashed Potatoes 1/4 Cup Fruit Milk/Soy	8  Pasta w/Meatballs 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	9	
12 	13  Cheese Breadsticks 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	14  Nachos 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	15  Grilled Cheese 1 C Soup 1/4 Cup Fruit Milk/Soy	16	
19	20 		21	22	23
26  Chicken Caesar Wrap 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	27  Chicken Fajitas 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	28  Nachos 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	29  Cheese Burger 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	30	

SOCFC 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"