


<u>Required Snack Components</u> 3-5 year olds are to have 2 components: Meat/Meat alternate: ½ oz. Fruit or Vegetable: ½ cup Bread/Bread alternate: ½ slice or ½ oz. Fluid Milk: ½ cup		<b>SNACK MENU</b>  <b>LORNA BYRNE</b>  <b>NOVEMBER 2018</b>		<u>Remember the Snack Condiments!</u>  Butter or margarine, fruit spread, honey (no honey if child is under 1 year old) cream cheese, light syrup, ketchup, salsa, hot sauce, ranch dip.	
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
		Baby Carrots w/Dip W/W Crackers Water	Cheese Stick 1/2 Cup Vegetable Water		
5	6	7	8	9	
1/2 Cup Apple Slices 1 Tbs Sunbutter Water	W/G Goldfish® 1/2 c Fruit Water	Baby Carrots w/Dip W/W Crackers Water	Cheese Stick 1/2 Cup Vegetable Water		
 <small>VETERANS DAY</small>	13	14	15	16	
	W/G Goldfish® 1/2 c Fruit Water	Baby Carrots w/Dip W/W Crackers Water	Cheese Stick 1/2 Cup Vegetable Water		
19	20				
26	27	28	29	30	
1/2 Cup Apple Slices 1 Tbs Sunbutter Water	W/G Goldfish® 1/2 c Fruit Water	Baby Carrots w/Dip W/W Crackers Water	Cheese Stick 1/2 Cup Vegetable Water		

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.

3 -5 yr. olds: 1%/Skim Unflavored Milk