

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.		LUNCH MENU Orchard Hill 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 BBQ Pork on a Bun Green Salad w/Dressing Apple Slices Milk/Soy	2	
5 Fish Sticks w/Tarter Sauce Fries Peaches Milk/Soy	6 Teriyaki Beef Broccoli w/Dip Apples Brown Rice Milk/Soy	7 Cheesy Breadsticks w/ Marinara Sauce Corn Banana Milk/Soy	8 Cheese Pizza Green Salad w/Dressing Pears Milk/Soy	9	
12 	13 Chicken Salad Sub Broccoli w/Dip Apples Milk/Soy	14 Bean & Cheese Enchilada Corn Bananas Milk/Soy	15 Cheese Pizza Green Salad w/Dressing Pears Milk/Soy	16	
19 Turkey & Cheese Sandwich on W/W Bread Carrot Sticks /Dip Peaches Milk/Soy	20 Chicken Salad Sub Broccoli w/Dip Apples Milk/Soy	21 Cheese Sandwich Green Salad w/Dressing Banana Milk/Soy	22 	23	
26 Beef & Broccoli Baby Carrot w/Dip Peaches Brown Rice Milk/Soy	27 Beef & Cheese Nachos Broccoli w/Dip Apples Milk/Soy	28 Chicken Nuggets Corn Banana W/G Roll Milk/Soy	29 Sloppy Joe w/Bun Green Salad w/Dressing Pears 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 12-23 months" All milk served is whole unflavored milk"

For ages 2-5 "All milk served is 1%/non-fat unflavored milk"