

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 3 times a week.		PM BREAKFAST MENU 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 M/G: Multi Grain	
Monday	Tuesday	Wednesday	Thursday	Friday	
			1 W/G Quaker Life Cereal Strawberries Milk/Soy	2 Krusteaz Professional Muffin Mix (HM) Banana Muffin Fresh Peaches Milk/Soy	
5 Mission 7' Yellow Taco Shells or Casa Sol 6" Corn Yellow Tortilla Mild Salsa Strawberries Milk/Soy	6 Hard Boiled Eggs (1 each) Apples Milk/Soy	7 General Mills Cereals Snack Cereal Mix Mandarin Oranges Milk/Soy	8 Keebler Cracker Medley Crackers **Peanut Butter/ * Cream Cheese Mixed Fruit Milk/Soy	9 Cottage Cheese (1oz) Pineapple Milk/Soy	
12  HONORING ALL Who Served	13 **KID'S CHOICE Franz Original W/W Bagel w/Cream Cheese Applesauce Milk/Soy	14 Franz or Goodman W/W English Muffin w/Fruit Spread Oranges Milk/Soy	15 Keebler Club Multi Grain Crackers Strawberries Milk/Soy	16 Krusteaz Professional (HM) Biscuit Mango Chunks Milk/Soy	
19 **Peanut Butter & Fruit Spread Sandwich/ * Cheese Sandwich 100% Wheat Bread Fresh Peaches Milk/Soy	20 Quaker Life® Cereal Strawberries Milk/Soy	21 Keebler Town House Light & Buttery Cracker Tuna Apples Milk/Soy	22 	23	
26 COOK'S CHOICE General Mills Corn Chex® Bananas Milk/Soy	27 Ralcorp W/G Waffle Stix Mixed Berries Milk/Soy	28 Pepperidge Farm W/G Cheddar Fish Crackers Cantaloupe Milk/Soy	29 Cheese Quesadilla Mission 12" W/W Pressed Flour Tortilla Mild Salsa Fiesta Fruit Mix Milk/Soy	30 General Mills Kix® Cereal Oranges Milk/Soy	

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.

12-23 months old: Whole Milk 2-5 yr. olds: 1%/Skim Milk No Flavored Milk.

****KID'S CHOICE-HEAD START ONLY *EARLY HEAD START ONLY**