

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 SAMS VALLEY OCTOBER 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 Breakfast Sandwich w/ Egg and Cheese Peaches Milk/Soy		2 W/G Cinnamon Round Mandarin Oranges Milk/Soy		3 Oatmeal w/ Brown Sugar Applesauce Milk/Soy		4 Breakfast Banana Split Strawberries Milk/Soy		5	
8 Whole Grain Bagel Jelly & Cream Cheese Pears Milk/Soy		9 Kix Cereal Blueberries Milk/Soy		10 Cheesy Egg Taco Mixed Fruit Milk/Soy		11 Breakfast Sandwich w/ Egg & cheese Peaches Milk/Soy		12	
15 Breakfast Pizza with Sausage Mandarin Oranges Milk/Soy		16 Whole Grain Pancakes Berries Milk/Soy		17 Yogurt Parfait Rice Krispies Banana Milk/Soy		18 Cheerios Blueberries Milk/Soy		19	
22 Scrambled Eggs with Cheese Applesauce Milk/Soy		23 Whole Grain Bagel Cream Cheese and Jelly Apple Slices Milk/Soy		24 Whole Grain Biscuit & Sausage Gravy Pears Milk/Soy		25 Strawberry Yo-Peach Parfait Banana Milk/Soy		26	
29 Breakfast Sandwich w/ Egg & Cheese Peaches Milk/Soy		30 Whole Grain Cinnamon Round Mandarin Oranges Milk/Soy		31 Oatmeal w/ Brown Sugar Applesauce Milk/Soy		1 Yogurt Parfait Chex Cereal Strawberries 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.
 For ages 2-5 "All milk served is 1%/non-fat unflavored milk"