

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 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 W/G Soft Pretzel Cheese Sauce Corn Apple Slices Milk/Soy		2 Macaroni & Cheese Green Beans Pears W/W Roll Milk/Soy		3 Soft Taco Baby Carrots w/ Dip Banana Milk/Soy		1 Tortilla Chips w/ Taco Meat & Cheese Sauce Lettuce Pico de Gallo Mandarin Oranges Milk/Soy		5	
8 French Toast Sausage Corn Berries Milk/Soy		9 Chicken Alfredo Wheat Roll Green Beans Apple Slices Milk/Soy		10 Whole Grain Cheese Pizza Cucumbers w/Dip Banana Milk/Soy		11 Turkey Gravy Mashed Potatoes Whole Wheat Roll Pears Milk/Soy		12	
15 Whole Grain Mozzarella Sticks Roasted Carrots Mixed Fruit Milk/Soy		16 Whole Grain Fish Sticks Green Beans Peaches Milk/Soy		17 Turkey & Cheese Sandwich Mini Peppers w/Dip Pineapple Milk/Soy		18 Chicken Sandwich on a Wheat Bun Corn Mandarin Oranges Milk/Soy		19	
22 Whole Grain Chicken Nuggets Green Beans Peaches Milk/Soy		23 Hamburger on a Wheat Bun Tater Tots Blueberries Milk/Soy		24 Bean & Cheese Burrito Baby Carrots w/ Dip Banana Milk/Soy		25 Baked Potato Taco Meat & Cheese Sauce Oatmeal Muffin Squares Corn Pears Milk/Soy		26	
29 Pulled Pork Sandiwch Tater Tots Pears Milk/Soy		30 Spaghetti & Meat Sauce Whole Wheat Roll Green Beans Blueberries Milk/Soy		31 Whole Grain Cheese Quesadilla Cucumbers w/ Dip Mixed Fruit Milk/Soy		1 Chicken & Gravy Mashed Potatoes Whole Wheat Roll Corn Orange Wedges Milk/Soy			

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"