

<p><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</p>	SNACK MENU SAMS VALLEY OCTOBER 2018	<p><u>Remember the Snack Condiments!</u></p> <p>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.</p>
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Monday	Tuesday	Wednesday	Thursday	Friday
1 Yogurt Blueberries Water	2 W/W Bagel Peanut Butter Water	3 Honey Oat Goldfish Crackers Apple Slices Water	4 Cheese Goldfish Crackers Pineapple Water	5
8 Apple Slices Peanut Butter Cup Water	9 Chex Cereal Yogurt Water	10 String Cheese Baby Carrots Water	11 Tortilla Chips Salsa Pineapple Water	12
15 String Cheese Pear Slices Water	16 Yogurt Banana Water	17 Animal Crackers Apple Slices Water	18 Cheese Goldfish Crackers Pineapple Water	19
22 Yogurt Blueberries Water	23 Whole Wheat Bagel Peanut Butter Water	24 Belly Bear Crackers Apple Slices Water	25 Cheese Goldfish Crackers Pineapple Water	26
29 Apple Slices Peanut Butter Cup Water	30 Chex Cereal Yogurt Water	31 String Cheese Baby Carrots Water	1 Tortilla Chips Salsa Pineapple 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.

2 -5 yr. olds: 1%/Skim Milk No Flavored Milk.