


<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		SNACK MENU NOVEMBER 2018		<u>Remember the Snack Condiments!</u> 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. W/W: Whole Wheat W/G: Whole Grain M/G: Multi Grain	
Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Krusteaz Professional Muffin Mix (HM) Blueberry Muffin Fresh Pears Water	2 ** Raw Vegetables w/Bean Dip/ *Steamed Vegetables Fresh Melon Water	
5 General Mills Multi Grain Cheerios® Mixed Fruit Water/Milk/Soy	6 Turkey Ham & Cheese Roll Up Sliced Cucumber Water	7 Yami Lowfat Vanilla Yogurt Berries Water	8 Graham Cracker Applesauce Water	9 **Carrots w/ Ranch Dip/ * Steamed Carrots Keebler®Club M/G Cracker Water	
12  VETERANS DAY	13 Franz Original W/G Bagel w/Cream Cheese Oranges Water	14 Cottage Cheese Pineapple Chunks Water	15 General Mills Multi Grain Chex® Watermelon Water/Milk/Soy	16 Krusteaz Professional Biscuit Mix Fresh Peaches Water	
19 Yami Lowfat Vanilla Yogurt Berries & Bananas Water	20 J & J Snack Foods W/G Soft Pretzel Soft Pretzel Cheese Sauce Banana Water	21 Keebler Town House Light & Buttery Original Cracker Tuna Water	22 	23	
26 General Mills Kix® Cereal Oranges Water/Milk/Soy	27 Nabisco W/G Wheat Thins Multigrain Applesauce Water	28 Veggies w/ **Cucumber Dip/ String Cheese Water	29 Cottage Cheese Fresh Pears Water	30 **Corn Chips/ La Banderita White *Soft Corn Tortilla w/ Avacado Dip 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.

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

****HEAD START *EARLY HEAD START**