

<b>Required Breakfast Components</b> <b>3-5 year olds are to have 3 components:</b> 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.		<b>LUNCH MENU</b> <b>Wilson Washington</b>  <b>OCTOBER 2018</b>		<b>Remember the Breakfast Condiments!</b> 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					
<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
1 Bean & Cheese Enchilada Baby Carrots w/Dip Strawberries Milk/Soy		2 Teriyaki Beef Dippers Baby Bell Peppers Applesauce Brown Rice Milk/Soy		3 Cheesy Breadsticks w/ Marinara Corn Peaches Milk/Soy		4 Turkey Gravy Mashed Potatoes Oranges W/G Roll Milk/Soy			
8 Teriyaki Chicken & Rice Baby Carrots w/Dip Strawberries Milk/Soy		9 Egg Salad Sub Baby Bell Peppers Applesauce Milk/Soy		10 Bean & Cheese Nachos Cherry Tomatoes Peaches Milk/Soy		11 Chicken Taco Flatbread Spinach Salad w/Dressing Oranges Milk/Soy			
15 Turkey & Cheese Sandwich Baby Carrots w/Dip Strawberries Milk/Soy		16 Taco Burger Baby Bell Peppers Applesauce Milk/Soy		17 Beef Patty Mashed Potatoes Peaches W/W Roll Milk/Soy		18 Cheese Pizza Broccoli w/Dip Oranges Milk/Soy			
22 Beef & Broccoli Cherry Tomatoes Fresh Pears Brown Rice Milk/Soy		23 Pulled Pork Tacos Baby Bell Peppers Applesauce Milk/Soy		24 Chicken Nuggets Spinach Salad w/Dressing Peaches W/W Roll Milk/Soy		25 Sloppy Joes Broccoli w/Dip Oranges Milk/Soy			
29 Beef & Cheese Nachos Baby Carrots w/Dip Strawberries Milk/Soy		30 Rainbow Chili Baby Bell Peppers Applesauce W/G Chips Milk/Soy		31 Taco Salad Peaches W/C Chips 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 12-23 months" All milk served is whole unflavored milk"

For ages 2-5 "All milk served is 1%/non-fat unflavored milk"