


<u>Required Breakfast Components</u> 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.		PM BREAKFAST MENU Washington MARCH 2019		<u>Remember the Breakfast 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.	
Monday	Tuesday	Wednesday	Thursday	Friday	
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4 Cold Cereal Pears Milk/Soy	5 W/G Goldfish® Orange Wedges Milk/Soy	6 Pretzels Strawberries Milk/Soy	7 W/G Crackers Banana Milk/Soy	8	
11 Bagel w/Cream Cheese Applesauce Milk/Soy	12 W/G Goldfish® Peaches Milk/Soy	13 Yogurt Graham Crackers Pears Milk/Soy	14 Cold Cereal Banana Milk/Soy	15	
18 W/G Crackers Pears Milk/Soy	19 W/G Goldfish® Orange Wedges Milk/Soy	20 Pretzels Strawberries Milk/Soy	21 Cold Cereal Banana Milk/Soy	22	
25	26	27	28	29	
					

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.

1%/non fat, unflavored milk for ages 2-5