

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.		AM BREAKFAST MENU Wilson Washington MARCH 2019		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	
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4 Sausage Breakfast Patty Pears Milk/Soy	5 Pancake Bites Sausage Orange Wedges Milk/Soy	6 Sausage & Cheese Biscuit Strawberries Milk/Soy	7 Fruit & Yogurt Parfait Applesauce Milk/Soy		8
11 Bagel w/Cream Cheese Applesauce Milk/Soy	12 Oatmeal Peaches Milk/Soy	13 Yogurt Graham Crackers Pears Milk/Soy	14 Cold Cereal Banana Milk/Soy		15
18 Oatmeal Pears Milk/Soy	19 Dutch Waffle Orange Wedges Milk/Soy	20 Ham & Cheese English Muffin 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