


| <b>Required Breakfast Components</b><br>3-5 year olds are to have 3 components:<br>Fruit or Vegetable: ½ cup<br>Bread/Bread alternate: ½ slice or ½ oz.<br>Fluid Milk: ¾ cup<br>NOTE: A Meat/Meat alternate may be used to meet the entire grains no more than 3x a week. |   | <b>LUNCH MENU</b><br><b>Wilson</b><br><b>Washington</b><br><br><b>MARCH</b><br><b>2019</b> |  | <b>Remember the Breakfast Condiments!</b><br><br>Butter or margarine, fruit spread, honey (no honey if child is under 1 year old) cream cheese, light syrup, ketchup, salsa, hot sauce.<br>W/W: Whole Wheat<br>W/G: Whole Grain |  |
|---|---|--|--|---|--|
| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |  |
|   |   |  |  | 1   |  |
| <b>4</b><br>Chicken & Cheese<br>TotChos<br>Corn<br>Apple Slices<br>W/W Roll<br>Milk/Soy   | <b>5</b><br>Grilled Cheese Sandwich<br>Mini Sweet Bell Peppers<br>Strawberries<br>Milk/Soy        | <b>6</b><br>Cheesy Breadsticks w/Marinara<br>Green Beans<br>Bananas<br>Milk/Soy            | <b>7</b><br>Orange Chicken Broccoli w/Dip<br>Peaches<br>W/G Rice<br>Milk/Soy | <b>8</b>  |  |
| <b>11</b><br>Beef & Broccoli<br>Apple Slices<br>W/G Rice<br>Milk/Soy  | <b>12</b><br>Pepperoni Pizza<br>Broccoli w/Dip<br>Strawberries<br>Milk/Soy                        | <b>13</b><br>Bean & Cheese Burrito<br>Green Beans<br>Bananas<br>Milk/Soy                   | <b>14</b><br>Fish & Chips<br>Corn<br>Peaches<br>Milk/Soy                     | <b>15</b>   |  |
| <b>18</b><br>Beef & Cheese Nachos<br>Corn<br>Apple Slices<br>Milk/Soy   | <b>19</b><br>Rainbow Chili<br>Mini Sweet Bell Peppers<br>Strawberries<br><b>Chips</b><br>Milk/Soy | <b>20</b><br>Teriyaki Chicken Stir Fry<br>Green Beans<br>Brown Rice<br>Banana<br>Milk/Soy  | <b>21</b><br>BBQ Pork on a Bun<br>Broccoli w/Dip<br>Peaches<br>Milk/Soy      | <b>22</b>   |  |
| <b>25</b>   | <b>26</b>   | <b>27</b>  | <b>28</b>  | <b>29</b>   |  |
|   |   |  |  |   |  |

SOFCF 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