

<b>Required Breakfast Components</b> 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.		<b>AM BREAKFAST MENU Wilson Washington Orchard Hills 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 French Toast Sticks Apple Wedges Milk/Soy		2 Rice Krispies Cereal Oranges Milk/Soy		3 Cheesy Scrambled Eggs Banana W/W Toast Milk/Soy		4 Blueberry Bagel w/Cream Cheese Mixed Fruit Milk/Soy		5	
8 Frosted Mini Wheats Apple Wedges Milk/Soy		9 Breakfast Slider Oranges Milk/Soy		10 Egg & Cheese Muffin Banana Milk/Soy		11 W/G Pancake Mixed Fruit Syrup Milk/Soy		12	
15 Breakfast Pizza Apple Wedges Milk/Soy		16 Pancake Bites Oranges Milk/Soy		17 Sausage & Cheese Biscuit Banana Milk/Soy		18 Yogurt Parfait Mixed Fruit Milk/Soy		19	
22 String Cheese Biscuit w/Jelly Apple Wedges Milk/Soy		23 Rice Krispies Cereal Oranges Milk/Soy		24 Yogurt Cup W/Graham Crackers Banana Milk/Soy		25 W/G Bagel w/Cream Cheese Mixed Fruit Milk/Soy		26	
29 Frosted Mini Wheats Apple Wedges Milk/Soy		30 Biscuit w/Gravy Oranges Milk/Soy		31 Ham & Cheese Muffin Banana 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"