

<u>Required Snack Components</u> 3-5 year olds are to have 2 components: Meat/Meat alternate: ½ oz. Fruit or Vegetable: ½ cup Bread/Bread alternate: ½ slice or ½ oz. Fluid Milk: ½ cup		<b>SNACK MENU</b>  <b>Wilson</b>  <b>OCTOBER 2018</b>		<u>Remember the Snack 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, ranch dip.	
Monday	Tuesday	Wednesday	Thursday	Friday	
1  W/G Crackers Fresh Pears Water	2  Pretzels Strawberries Water	3  W/G Goldfish® Applesauce Water	4  Sunbutter Apple Slices Water	5	
8  W/G Crackers Fresh Pears Water	9  Pretzels Strawberries Water	10  W/G Goldfish® Applesauce Water	11  Sunbutter Apple Slices Water	12	
15  W/G Crackers Fresh Pears Water	16  Pretzels Strawberries Water	17  W/G Goldfish® Applesauce Water	18  Sunbutter Apple Slices Water	19	
22  W/G Crackers Fresh Pears Water	23  Pretzels Strawberries Water	24  W/G Goldfish® Applesauce Water	25  Sunbutter Apple Slices Water	26	
29  W/G Crackers Fresh Pears Water	30  Pretzels Strawberries Water	31  W/G Goldfish® Applesauce Water			

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.

12-23 months old: Whole Milk    2-5 yr. olds: 1%/Skim Milk    No Flavored Milk.