
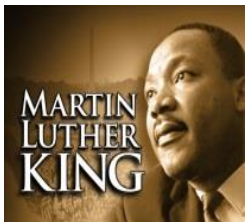


Required Breakfast Components 3-5 year olds are to have 3 components: Fruit or Vegetable: ½ cup Bread/Bread alternate: ½ slice or ½ oz. Fluid Milk: ¾ cup NOTE: A Meat/Meat alternate may be used to meet the entire grains no more than 3x a week.		BREAKFAST MENU LORNA BRYNE JANUARY 2019		Remember the Breakfast 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	
31	1	2	3	4	
7 French Toast Sticks Sausage Patty 1/2 C Fruit Milk/Soy	8 Fruit Muffin 1/2 C Fruit Milk/Soy	9 Waffle w/Fruit Compote 1/2 Cup Fruit Milk/Soy	10 Biscuit & Gravy 1/2 Cup Fruit Milk/Soy	11	
14 Ham & Cheese English Muffin 1/2 C Fruit Milk/Soy	15 Breakfast Burrito 1/2 C Fruit Milk/Soy	16 French Toast Sticks W/Toppings 1/2 C Fruit Milk/Soy	17 W/G Pancakes W/Syrup 1/2 Cup Fruit Milk/Soy	18	
21  MARTIN LUTHER KING	22 Sausage & Cheese Biscuit 1/2 C Fruit Milk/Soy	23 Pancakes Fruit Toppings 1/2 C Fruit Milk/Soy	24 Biscuit & Gravy 1/2 Cup Fruit Milk/Soy	25	
28 Ham & Cheese English Muffin 1/2 C Fruit Milk/Soy	29 Breakfast Burrito 1/2 C Fruit Milk/Soy	30 Waffle w/Fruit Compote 1/2 Cup Fruit Milk/Soy	31 Sausage & Cheese Biscuit 1/2 C Fruit 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"