
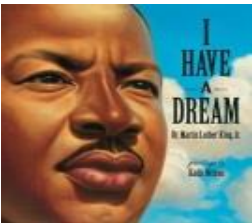


Required Breakfast Components 3-5 year olds are to have 3 components: Fruit or Vegetable: ½ cup Bread/Bread alternate: ½ slice or ½ oz. Fluid Milk: ¾ cup NOTE: A Meat/Meat alternate may be used to meet the entire grains no more than 3x a week.		LUNCH MENU LORNA BYRNE JANUARY 2019		Remember the Breakfast 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	8	9	10	11	
Chicken Nuggets 1/4 C Vegetables 1/4 Cup Fruit Bread Sticks Milk/Soy	Nachos 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	Cheese Burger 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	Popcorn Chicken 1/4 Cup Cheesy Mashed Potatoes 1/4 Cup Fruit W/W Roll		
14	15	16	17	18	
Bean & Cheese Enchilada 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	Chicken Patty Sandwich 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	Alaskan Fish 1/4 Cup Chips 1/4 Cup Fruit .5 OZ. Grain Milk/Soy	Turkey Gravy 1/4C Mashed Potatoes 1/4 Cup Fruit W/W Roll Milk/Soy		
21	22	23	24	25	
	Nachos 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	Cheese Burger 1/4 C Vegetables 1/4 C Fruit Milk/Soy	Popcorn Chicken 1/4 C Vegetable 1/4 C Fruit W/W Roll Milk/Soy		
28	29	30	31		
Chicken Nuggets 1/4 C Green Beans 1/4 Cup Fruit W/W Roll Milk/Soy	Nachos 1/4 C Vegetables 1/4 Cup Fruit Milk/Soy	Beef Patty Gravy 1/4 C Mashed Potatoes 1/4 C Fruit W/W Roll Milk/Soy	Beef Stroganoff 1/4 C Salad 1/4 Cup Fruit Rotini 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"