



Required Snack Components 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		SNACK MENU LORNA BYRNE JANUARY 2019		Remember the Snack Condiments! 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	
31	1			4	
7 1/2 Cup Apple Slices 1 Tbs Sunbutter Water	8 W/G Goldfish® Crackers 1/2 c Fruit Water	9 Baby Carrots w/Dip W/W Crackers Water	10 Cheese Stick 1/2 Cup Vegetable Water	11	
14 1/2 Cup Apple Slices 1 Tbs Sunbutter Water	15 W/G Goldfish® Crackers 1/2 c Fruit Water	16 Baby Carrots w/Dip W/W Crackers Water	17 Cheese Stick 1/2 Cup Vegetable Water	18	
21 	22 W/G Goldfish® Crackers 1/2 c Fruit Water	23 Baby Carrots w/Dip W/W Crackers Water	24 Cheese Stick 1/2 Cup Vegetable Water	25	
28 1/2 Cup Apple Slices 1 Tbs Sunbutter Water	29 W/G Goldfish® Crackers 1/2 c Fruit Water	30 Baby Carrots w/Dip W/W Crackers Water	31 Cheese Stick 1/2 Cup Vegetable 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 mo. olds: Whole Milk 2 -5 yr. olds: 1%/Skim Milk No Flavored Milk.