

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 FEBRUARY 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	
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4 French Toast Sticks Sausage Patty 1/2 C Fruit Milk/Soy		5 Sausage & Cheese Biscuit 1/2 C Fruit Milk/Soy		6 Waffle w/Fruit Compote 1/2 Cup Fruit Milk/Soy		7 Biscuit & Gravy 1/2 Cup Fruit Milk/Soy			
11 Pancake Bites Sausage Patty 1/2 C Fruit Milk/Soy		12 Oatmeal 1/2 C Fruit Milk/Soy		13 French Toast w/Fruit Compote 1/2 C Fruit Milk/Soy		14 Cheesy Scrambled Eggs W/W Toast 1/2 C Fruit Milk/Soy			
18 		19 Sausage & Cheese Biscuit 1/2 C Fruit Milk/Soy		20 Ham & Cheese English Muffin 1/2 C Fruit Milk/Soy		21 Biscuit & Gravy 1/2 Cup Fruit Milk/Soy			
25 Bagel w/Cream Cheese 1/2 C Fruit Milk/Soy		26 Ham & Cheese Breakfast Burrito 1/2 Cup Fruit Milk/Soy		27 Waffle w/Fruit Compote 1/2 Cup Fruit Milk/Soy		28 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"