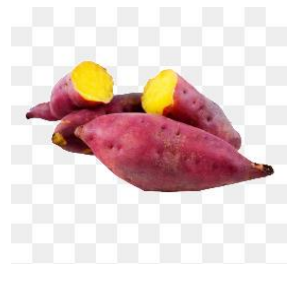




Required Breakfast Components 3-5 year olds are to have 3 components: Fruit or Vegetable: ½ cup Bread/Bread alternate: ½ slice or ½ oz. Fluid Milk: ¾ cup NOTE: A Meat/Meat alternate may be used to meet the entire grains no more than 3x a week.		LUNCH MENU LORNA BYRNE FEBRUARY 2019		Remember the Breakfast 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	
				1	
4 Bean & Cheese Enchilada 1/4 C Vegetables 1/4 C Fruit Milk/Soy	5 Nachos 1/4 C Vegetables 1/4 C Fruit Milk/Soy	6 Salisbury Steak 1/4 C Mashed Potatoes 1/4 C Fruit W/W Roll Milk/Soy	7 Cheese Bread Sticks 1 C Tomato Soup 1/4 C Fruit Milk/Soy	8	
11 Cheese Ravioli 1/4 C Salad 1/4 C Fruit W/W Bread Stick Milk/Soy	12 Cheese Burger w/Condiments 1/4 C Vegetables 1/4 C Fruit Milk/Soy	13 Cheesy Bread Sticks W/Marinara 1/4 Vegetable 1/4 C Fruit Milk/Soy	14 BBQ Drunstick 1/4 C Mashed Potatoes 1/4 C Fruit W/W Roll Milk/Soy	15	
18 	19 Nachos 1/4 C Vegetables 1/4 C Fruit Milk/Soy	20 Turkey Gravy 1/4C Mashed Potatoes 1/4 C Fruit W/W Roll Milk/Soy	21 Meatball Sub 1/4 C Vegetables 1/4 C Fruit Milk/Soy	22	
25 Cheese Burger w/Condiments 1/4 C Vegetables 1/4 C Fruit Milk/Soy	26 Ham & Cheese Sub 1/4 C Vegetables 1/4 C Fruit Milk/Soy	27 Beef Stroganoff 1/4 C Salad 1/4 C Fruit Milk/Soy	28 Taco Salad 1/4 C Fruit W/G Chips 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"