

<u>Required Snack Components</u> 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 FEBRUARY 2019		<u>Remember the Snack Condiments!</u> 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	
				1	
4 Cheese Stick 1/2 Cup Vegetable Water	5 W/G Goldfish® Crackers 1/2 c Fruit Water	6 1/2 Cup Apple Slices 1 Tbs Sunbutter Water	7 Baby Carrots w/Dip W/W Crackers Water	8	
11 Cheese Stick 1/2 Cup Vegetable Water	12 W/G Goldfish® Crackers 1/2 c Fruit Water	13 1/2 Cup Apple Slices 1 Tbs Sunbutter Water	14 Baby Carrots w/Dip W/W Crackers Water	15	
18 	1 W/G Goldfish® Crackers 1/2 c Fruit Water	9 1/2 Cup Apple Slices 1 Tbs Sunbutter Water	20 Baby Carrots w/Dip W/W Crackers Water	21	
25 Cheese Stick 1/2 Cup Vegetable Water	26 W/G Goldfish® Crackers 1/2 c Fruit Water	27 1/2 Cup Apple Slices 1 Tbs Sunbutter Water	28 Baby Carrots w/Dip W/W Crackers 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.