

# Sylvan Heights April 2024 Lunch Menu



<p><b>What Makes a Meal?</b></p> <p>Choose 3, 4 or 5 food items from these 5 components:</p> <p>Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk</p> <p>Lunch must include at least one fruit or vegetable</p>  <p><b>Vegetable Features</b> A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:</p> <ul style="list-style-type: none"> <li>* <b>Dark Green</b></li> <li>* <b>Red/Orange</b></li> <li>* <b>Legumes</b></li> <li>* <b>Starchy</b></li> <li>* <b>Other</b></li> </ul> <p><b>Fruit Features</b> A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> <li>* <b>Fresh Fruits</b></li> <li>* <b>Canned Fruits in light syrup</b></li> <li>* <b>100% Fruit Juice (offered twice/week)</b></li> </ul>  <p><b>Daily Milk Choices:</b></p> <ul style="list-style-type: none"> <li>Fat Free Flavored</li> <li>Fat Free White Milk</li> <li>1 % White Milk</li> </ul>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4/1  No School	4/2  French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce	4/3  Salisbury Steak Bread Slice Mashed Potatoes & Gravy Fresh Vegetable 100% Fruit Juice	4/4  Walking Taco Bread Slice Steamed Carrots Fresh Vegetable Banana	4/5  Breaded Chicken Sliders Steamed Broccoli Fresh Vegetable Mixed Fruit
	4/8  Egg & Cheese on English Muffin Tater Tots Fresh Vegetable Pineapple Tidbits	4/9  Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice	4/10  Italian Dunkers w/Marinara Sauce Steamed Peas Fresh Vegetable Apple Slices	4/11  Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit	4/12  Beef & Cheese Nachos Bread Slice Steamed Green Beans Fresh Vegetable Diced Pears
	4/15  Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Diced Peaches	4/16  Chicken Soft Tacos Steamed Corn Fresh Vegetable Applesauce	4/17  <b>Early Dismissal</b> Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices	4/18  Turkey Hot Dog Baked Beans Fresh Vegetable Banana	4/19  Cheese Pizza Steamed Carrots Fresh Vegetable Mixed Fruit
	4/22  Cheese Lasagna Rollup Garlic Toast Steamed Broccoli Fresh Vegetable Pineapple Tidbits	4/23  No School	4/24  Chicken Corn Dog Nuggets Steamed Mixed Veggies Fresh Vegetable Apple Slices	4/25  Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable Mixed Fruit	4/26  Cheeseburger Baked Beans Fresh Vegetable Diced Pears
	4/29  Spaghetti & Meatballs Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches	4/30  French Toast Sticks Sausage Patties Sweet Potato Fries Fresh Vegetable Applesauce			