

Sylvan Heights January 2024 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1 No School	1/2 No School	1/3 Cinnamon Roll Applesauce Cup 100% Fruit Juice	1/4 Apple Roll Assorted Fruit Cup 100% Fruit Juice	1/5 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
1/8 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	1/9 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	1/10 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	1/11 Cocoa Puff Bar Assorted Fruit Cup 100% Fruit Juice	1/12 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
1/15 No School	1/16 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	1/17 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	1/18 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	1/19 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
1/22 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	1/23 Goody Ring Assorted Fruit Cup 100% Fruit Juice	1/24 French Toast Minis Applesauce Cup 100% Fruit Juice	1/25 Cinnamon Toast Crunch Bar Assorted Fruit Cup 100% Fruit Juice	1/26 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
1/29 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	1/30 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	1/31 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice		

What Makes a Breakfast Meal?

Breakfast includes these meal components:

Grains Fruits Milk

Students with free eligibility may participate
in both breakfast & lunch at no cost.



GENERAL MILLS



Milk Choices Offered Daily

- Fat Free Flavored
- Fat Free White Milk
- Low Fat White Milk

Please contact Sharon Kidd, Senior Director of Food Services
with and questions, comments or concerns:
skidd@cdschools.org