



# Sylvan Heights May 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> 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Vegetable Features</b></p> <p>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>	5/6 Salisbury Steak Dinner Roll Mashed Potatoes Fresh Vegetable Pineapple Tidbits	5/7 Breaded Chicken Sandwich Fries Fresh Vegetable 100% Fruit Juice	5/8 Chicken Corn Dog Nuggets Steamed Mixed Veggies Fresh Vegetable Apple Slices	5/9 Waffles & Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit	5/10 Turkey & Cheese Melt Steamed Carrots Fresh Vegetable Diced Pears
<p><b>Fruit Features</b></p> <p>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>	5/13 Italian Dunkers w/Marinara Sauce Steamed Peas Fresh Vegetable Diced Peaches	5/14 Chicken & Cheese Quesadilla Steamed Green Beans Fresh Vegetable Applesauce	5/15 <b>Early Dismissal</b> Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices	5/16 Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana	5/17 Diced Chicken in Gravy & Waffles Steamed Mixed Veggies Fresh Vegetable Mixed Fruit
 <p><b>Daily Milk Choices:</b></p> <p>Fat Free Flavored Fat Free White Milk 1 % White Milk</p>	5/20 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Pineapple Tidbits	5/21 French Toast Sticks Chicken Sausage Patties Fries Fresh Vegetable 100% Fruit Juice	5/22 Breaded Chicken Sandwich Steamed Peas Fresh Vegetable Apple Slices	5/23 Turkey Hot Dog Steamed Corn Fresh Vegetable Mixed Fruit	2/24 Cheeseburger Baked Beans Fresh Vegetable Diced Pears
	5/27 No School	5/28 Meatball Hoagie Steamed Green Beans Fresh Vegetable Applesauce	5/29 Chicken Corn Dog Nuggets Steamed Broccoli Fresh Vegetable 100% Fruit Juice	5/30 Cheeseburger Baked Beans Fresh Vegetable Banana	5/31 Cheese Pizza Steamed Mixed Veggies Fresh Vegetable Mixed Frit