

Sylvan Heights October 2023 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	10/3 Benefit Bar Assorted Fruit Cup 100% Fruit Juice	10/4 Cinnamon Roll Applesauce Cup 100% Fruit Juice	10/5 Apple Roll Assorted Fruit Cup 100% Fruit Juice	10/6 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
10/9 No School	10/10 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	10/11 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	10/12 Cocoa Puff Bar Assorted Fruit Cup 100% Fruit Juice	10/13 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
10/16 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice	10/17 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	10/18 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	10/19 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	10/20 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
10/23 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	10/24 Goody Ring Assorted Fruit Cup 100% Fruit Juice	10/25 French Toast Minis Applesauce Cup 100% Fruit Juice	10/26 Cinnamon Toast Crunch Bar Assorted Fruit Cup 100% Fruit Juice	10/27 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
10/30 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	10/31 Benefit Bar Assorted Fruit 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