



Sylvan Heights October 2023 Lunch Menu



<p>What Makes a Meal?</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>Vegetable Features A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:</p> <ul style="list-style-type: none"> * Dark Green * Red/Orange * Legumes * Starchy * Other <p>Fruit Features A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> * Fresh Fruits * Canned Fruits in light syrup * 100% Fruit Juice (offered twice/week) 	<p>10/2</p> <p>Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Diced Peaches</p>	<p>10/3</p> <p>French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce</p>	<p>10/4</p> <p>Chicken Corn Dog Nuggets Steamed Corn Fresh Vegetable 100% Fruit Juice</p>	<p>10/5</p> <p>Grilled Cheese Sandwich Steamed Carrots Fresh Vegetable Banana</p>	<p>10/6</p> <p>Breaded Chicken Sliders Steamed Green Beans Fresh Vegetable Mixed Fruit</p>
	<p>10/9</p> <p>No School</p>	<p>10/10</p> <p>Meatball Sub Steamed Carrots Fresh Vegetable 100% Fruit Juice</p>	<p>10/11</p> <p>Cheese Pizza Baked Beans Fresh Vegetable Apple Slices</p>	<p>10/12</p> <p>Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit</p>	<p>10/13</p> <p>Beef & Cheese Nachos Bread Slice Steamed Green Beans Fresh Vegetable Diced Peas</p>
	<p>10/16</p> <p>Cheesesteak Sub Steamed Mixed Veggies Fresh Vegetable Diced Peaches</p>	<p>10/17</p> <p>Chicken Soft Tacos Steamed Peas Fresh Vegetable Applesauce</p>	<p>10/18</p> <p>Chicken Corn Dog Nuggets Mashed Potatoes Fresh Vegetable 100% Fruit Juice</p>	<p>10/19</p> <p>Turkey Hot Dog Baked Beans Fresh Vegetable Banana</p>	<p>10/20</p> <p>Pancakes & Sausage Tater Tots Fresh Vegetable Mixed Fruit</p>
	<p>10/23</p> <p>Chicken Nuggets Bread Slice Steamed Broccoli Fresh Vegetable Pineapple Tidbits</p>	<p>10/24</p> <p>Sloppy Joe Sandwich Steamed Green Beans Fresh Vegetable 100% Fruit Juice</p>	<p>10/25</p> <p>EARLY DISMISSAL Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices</p>	<p>10/26</p> <p>Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable Mixed Fruit</p>	<p>10/27</p> <p>Hamburger Baked Beans Fresh Vegetable Diced Peas</p>
 <p>Daily Milk Choices:</p> <p>Fat Free Flavored Fat Free White Milk 1% White Milk</p>	<p>10/30</p> <p>Spaghetti & Meatballs Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches</p>	<p>10/31</p> <p>Grilled Cheese Sandwich Steamed Carrots Fresh Vegetable Applesauce</p>			