

Sylvan Heights

April 2023 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/3 Ultra Bread Slice Fresh Apple Slices 100% Fruit Juice	4/4 Muffin Assorted Fruit Cup 100% Fruit Juice	4/5 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice	4/6 No School	4/7 No School
4/10 No School	4/11 Benefit Breakfast Bar Assorted Fruit Cup 100% Fruit Juice	4/12 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice	4/13 Mini Pancakes Assorted Fruit Cup 100% Fruit Juice	4/14 Breakfast Pastry Fresh Ripe Banana 100% Fruit Juice
4/17 Ultra Bread Slice Fresh Apple Slices 100% Fruit Juice	4/18 Muffin Assorted Fruit Cup 100% Fruit Juice	4/19 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice	4/20 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	4/21 Breakfast Pastry Fresh Ripe Banana 100% Fruit Juice
4/24 Ultra Bread Slice Fresh Apple Slices 100% Fruit Juice	4/25 Benefit Breakfast Bar Assorted Fruit Cup 100% Fruit Juice	4/26 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice	4/27 Mini Pancakes Assorted Fruit Cup 100% Fruit Juice	4/28 Breakfast Pastry Fresh Ripe Banana 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