Sylvan Heights
April 2023 Lunch Menu

The Nutrition Group

MENU SUBJECT TO CHANGE

What Makes a Meal?

Choose 3, 4 or 5 food items from these 5 components:

Meat or Meat Alternate
Vegetable
Fruit
Grain/Bread
Milk

Lunch must include at least one fruit or vegetable

Vegetable Features

A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:

- **Dark Green**
- **Red/Orange**
- **Legumes**
- **Starchy**
- **Other**

Fruit Features

A daily variety of fruits will be offered to students:

- Fresh Fruits
- Canned Fruits in light syrup
- 100% Fruit Juice (offered twice/week)

Daily Milk Choices:

Fat Free Flavored
Fat Free White Milk
1 % White Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/3 Chicken Nuggets Bread Slice Emoji Fries Cucumber Slices Diced Peaches	4/4 Lasagna Rollup Bread Slice Steamed Cauliflower Side Salad Applesauce	4/5 Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices	4/6 No School	4/7 No School
4/10 No School	4/11 Walking Taco Bread Slice Steamed Corn Celery Sticks 100% Fruit Juice	4/12 Chicken Corn Dog Nuggets Sweet Potato Fries Tomato Cucumber Salad Apple Slices	4/13 Meatball Hoagie Steamed Green Beans Ranch Peas Mixed Fruit	4/14 Cheesy Breadstick Steamed Carrots Roasted Chickpeas Diced Pears
4/17 Sloppy Joe Sandwich Steamed Mixed Veggies Carrot Slaw Diced Peaches	4/18 Breaded Chicken Sandwich Emoji Fries Chickpea Salad Applesauce	4/19 Italian Dunkers w/Marinara Sauce Steamed Cauliflower Side Salad 100% Fruit Juice	4/20 Fish Sticks Bread Slice Steamed Broccoli Ranch Peas Banana	4/21 French Toast Sticks Chicken Sausage Patties Tater Tots Veggie Juice Mixed Fruit
4/24 Grilled Cheese Sandwich Steamed Mixed Veggies Cucumber Slices Pineapple Tidbits	4/25 Cheeseburger Fries Coleslaw 100% Fruit Juice	4/26 Popcorn Chicken Bread Slice Steamed Broccoli Baby Carrots Apple Slices	4/27 Walking Taco Bread Slice Steamed Green Beans Roasted Chickpeas Mixed Fruit	4/28 Waffles Chicken Sausage Patties Tater Tots Veggie Juice Diced Pears