




# Sylvan Heights April 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4/1 Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice <b>Day B</b>	4/2 Soft Filled Cocoa Puff Bar Banana 100% Fruit Juice <b>Day C</b>	4/3 Cherry Muffin Apple Slices 100% Fruit Juice <b>Day D</b>	4/4 Cereal Bar Applesauce 100% Fruit Juice <b>Day E</b>
4/7 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day F</b>	4/8 Benefit Bar Craisins 100% Fruit Juice <b>Day A</b>	4/9 Cinnamon Roll Banana 100% Fruit Juice <b>Day B</b>	4/10 Cherry Frudel Apple Slices 100% Fruit Juice <b>Day C</b>	4/11 Cereal Bar Applesauce 100% Fruit Juice <b>Day D</b>
4/14 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day E</b>	4/15 Zee Zee Bar Craisins 100% Fruit Juice <b>Day F</b>	4/16 French Toast Minis Banana 100% Fruit Juice <b>Day A</b>	4/17 No School 	4/18 No School 
4/21 No School 	4/22 Chocolate Chip Muffin Flat Craisins 100% Fruit Juice <b>Day B</b>	4/23 Waffle Minis Banana 100% Fruit Juice <b>Day C</b>	4/24 Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice <b>Day D</b>	4/25 Cereal Bar Applesauce 100% Fruit Juice <b>Day E</b>
4/28 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day F</b>	4/29 Apple Frudel Craisins 100% Fruit Juice <b>Day A</b>	4/30 Waffle Snaps Banana 100% Fruit Juice <b>Day B</b>		

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](mailto:skidd@cdschools.org)

# Sylvan Heights April 2025 Lunch Menu



## 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
		4/1 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice <b>Day B</b>	4/2 Grilled Cheese Sandwich Baked Vegetarian Beans Fresh Vegetable Apple Slices <b>Day C</b>	4/3 Oven Roasted Turkey Dinner Roll Mashed Potatoes Fresh Vegetable Applesauce <b>Day D</b>	4/4 Cheese Pizza Steamed Corn Fresh Vegetable Diced Pears <b>Day E</b>
	4/7 Cheeseburger Fries Fresh Vegetable Diced Peaches <b>Day F</b>	4/8 Chicken Corn Dog Nuggets Steamed Broccoli Fresh Vegetable Applesauce <b>Day A</b>	4/9 Meatball Sub Steamed Carrots Fresh Vegetable 100% Fruit Juice <b>Day B</b>	4/10 Walking Taco Bread Slice Steamed Cauliflower Fresh Vegetable Banana <b>Day C</b>	4/11 Pancakes Chicken Sausage Tater Tots Fresh Vegetable Mixed Fruit <b>Day D</b>
	4/14 Italian Dunkers w/Marinara Sauce Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits <b>Day E</b>	4/15 Chicken Soft Tacos Steamed Corn Fresh Vegetable 100% Fruit Juice <b>Day F</b>	4/16 <b>Early Dismissal</b> Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce <b>Day A</b>	4/17 No School 	4/18 No School 
	4/21 No School 	4/22 Hot Dog BBQ Baked Beans Fresh Vegetable Applesauce <b>Day B</b>	4/23 Macaroni & Cheese Bread Slice Steamed Carrots Fresh Vegetable 100% Fruit Juice <b>Day C</b>	4/24 Sweet & Sour Popcorn Chicken w/Bread Slice Steamed Corn Fresh Vegetable Banana <b>Day D</b>	4/25 Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit <b>Day E</b>
	4/28 Chicken Nuggets Bread Slice Steamed Broccoli Fresh Vegetable Pineapple Tidbits <b>Day F</b>	4/29 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice <b>Day A</b>	4/30 Breaded Chicken Sandwich Baked Vegetarian Beans Fresh Vegetable Apple Slices <b>Day B</b>		