


Sylvan Heights

August 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8/20 Mini Waffles Applesauce 100% Fruit Juice Day A	8/21 Benefit Bar Apple Slices 100% Fruit Juice Day B	8/22 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day C
8/25 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day D	8/26 Cinnamon Toast Crunch Bar Craisins 100% Fruit Juice Day E	8/27 Cherry Frudel Applesauce 100% Fruit Juice Day F	8/28 Mini Pancakes Apple Slices 100% Fruit Juice Day A	8/29 No School 

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

Sylvan Heights

August 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
		8/20 Chicken Corn Dog Nuggets Baked Beans Fresh Vegetable Apple Slices Day A	8/21 Beef & Cheese Walking Taco Steamed Corn Fresh Vegetable Mixed Fruit Day B	8/22 Cheese Pizza Steamed Green Beans Fresh Vegetable Diced Pears Day C
8/25 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Diced Peaches Day D	8/26 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce Day E	8/27 Breaded Chicken Sandwich Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice Day F	8/28 Cheeseburger Steamed Broccoli Fresh Vegetable Banana Day A	8/29 No School 