




Sylvan Heights December 2024 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/2 No School <i>Thanksgiving Recess</i> 	12/3 Apple Frudel Diced Fruit in Juice 100% Fruit Juice Day D	12/4 Waffle Snaps Apple Slices 100% Fruit Juice Day E	12/5 Whole Grain Good Ring Donut Banana 100% Fruit Juice Day F	12/6 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A
12/9 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	12/10 Cinnamon Cream Cheese Mini Bagels Diced Fruit in Juice 100% Fruit Juice Day C	12/11 Soft Filled Cocoa Puff Bar Apple Slices 100% Fruit Juice Day D	12/12 Cherry Muffin Banana 100% Fruit Juice Day E	12/13 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day F
12/16 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	12/17 Benefit Bar Diced Fruit in Juice 100% Fruit Juice Day B	12/18 Cinnamon Roll Apple Slices 100% Fruit Juice Day C	12/19 Cherry Frudel Banana 100% Fruit Juice Day D	12/20 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day E
12/23 No School 	12/24 No School	12/25 No School	12/26 No School	12/27 No School 
12/30 No School	12/31 No School	Winter Break Don't forget to login to iXL for our winter break challenge		

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 December 2024 Lunch Menu



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose 3, 4 or 5 food items from these 5 components:</p> <ul style="list-style-type: none"> Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk <p>Lunch must include at least one fruit or vegetable</p>	<p>12/2</p> <p>No School</p> <p><i>Thanksgiving Recess</i></p> 	<p>12/3</p> <p>French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice</p> <p>Day D</p>	<p>12/4</p> <p>Chicken Corn Dog Nuggets Baked Beans Fresh Vegetable Apple Slices</p> <p>Day E</p>	<p>12/5</p> <p>Walking Taco Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit</p> <p>Day F</p>	<p>12/6</p> <p>Cheese Pizza Steamed Green Beans Fresh Vegetable Diced Pears</p> <p>Day A</p>
	<p>12/9</p> <p>Chicken Nuggets Bread Slice Fries Fresh Vegetable Diced Peaches</p> <p>Day B</p>	<p>12/10</p> <p>Breaded Chicken Sandwich Steamed Broccoli Fresh Vegetable Applesauce</p> <p>Day C</p>	<p>12/11</p> <p>Meatball Sub Steamed Carrots Fresh Vegetable 100% Fruit Juice</p> <p>Day D</p>	<p>12/12</p> <p>Hot Turkey Melt Steamed Cauliflower Fresh Vegetable Banana</p> <p>Day E</p>	<p>12/13</p> <p>Pancakes Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit</p> <p>Day F</p>
<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>12/16</p> <p>Spaghetti & Meatballs Garlic Toast Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits</p> <p>Day A</p>	<p>12/17</p> <p>Chicken Soft Tacos Steamed Corn Fresh Vegetable 100% Fruit Juice</p> <p>Day B</p>	<p>12/18</p> <p>Grilled Cheese Sandwich BBQ Baked Beans Fresh Vegetable Apple Slices</p> <p>Day C</p>	<p>12/19</p> <p>Oven Roasted Turkey Dinner Roll Mashed Potatoes & Gravy Fresh Vegetable Mixed Fruit</p> <p>Day D</p>	<p>12/20</p> <p>Early Dismissal Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Cup</p> <p>Day E</p>
	<p>12/23</p> <p>No School</p>	<p>12/24</p> <p>No School</p>	<p>12/25</p> <p>No School</p>	<p>12/26</p> <p>No School</p>	<p>12/27</p> <p>No School</p> 
 <p>Daily Milk Choices:</p> <ul style="list-style-type: none"> Fat Free Flavored Fat Free White Milk 1 % White Milk 	<p>12/30</p> <p>No School</p>	<p>12/31</p> <p>No School</p>	<p>Winter Break</p> <p>Don't forget to login to iXL for our winter break challenge</p>		