









# Sylvan Heights December 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/1  No School	12/2  Chocolate Chip Muffin Craisins 100% Fruit Juice	12/3  Benefit Bar Applesauce 100% Fruit Juice	12/4  Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice	12/5  Cereal Bar Breakfast Crackers Banana 100% Fruit Juice
	<b>Day D</b>	<b>Day E</b>	<b>Day F</b>	<b>Day A</b>
12/8  Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice	12/9  Good Ring Donut Craisins 100% Fruit Juice	12/10  Zee Zee Bar Applesauce 100% Fruit Juice	12/11  Mini Pancakes Apple Slices 100% Fruit Juice	12/12  Cereal Bar Breakfast Crackers Banana 100% Fruit Juice
<b>Day B</b>	<b>Day C</b>	<b>Day D</b>	<b>Day E</b>	<b>Day F</b>
12/15  Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice	12/16  Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice	12/17  Apple Frudel Applesauce 100% Fruit Juice	12/18  Donut Flower Apple Slices 100% Fruit Juice	12/19  Cereal Bar Breakfast Crackers Banana 100% Fruit Juice
<b>Day A</b>	<b>Day B</b>	<b>Day C</b>	<b>Day D</b>	<b>Day E</b>
12/22  	12/23  	12/24  	12/25  	12/26  
12/29  	12/30  	12/31  		

## 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 December 2025 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"> <li>Meat or Meat Alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Grain/Bread</li> <li>Milk</li> </ul> <p>Lunch must include at least one fruit or vegetable</p>	<p>12/1</p> <p>No School</p>	<p>12/2</p> <p>French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce <b>Day D</b></p>	<p>12/3</p> <p>Turkey Hot Dog BBQ Baked Beans Fresh Vegetable 100% Fruit Juice <b>Day E</b></p>	<p>12/4</p> <p>Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana <b>Day F</b></p>	<p>12/5</p> <p>Meatball Hoagie Steamed Carrots Fresh Vegetable Mixed Fruit <b>Day A</b></p>
	<p>12/8</p> <p>Cheeseburger Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits <b>Day B</b></p>	<p>12/9</p> <p>Pasta &amp; Meat Sauce Garlic Toast Steamed Corn Fresh Vegetable 100% Fruit Juice <b>Day C</b></p>	<p>12/10</p> <p>Breaded Chicken Sandwich Baked Vegetarian Beans Fresh Vegetable Apple Slices <b>Day D</b></p>	<p>12/11</p> <p>Oven Roasted Turkey Dinner Roll Mashed Potatoes Steamed Green Beans Mixed Fruit <b>Day E</b></p>	<p>12/12</p> <p>Cheese Pizza Steamed Broccoli Fresh Vegetable Diced Pears <b>Day F</b></p>
<p><b>Vegetable Features</b> A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:</p> <ul style="list-style-type: none"> <li>* <b>Dark Green</b></li> <li>* <b>Red/Orange</b></li> <li>* <b>Legumes</b></li> <li>* <b>Starchy</b></li> <li>* <b>Other</b></li> </ul> <p><b>Fruit Features</b> A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> <li>* Fresh Fruits</li> <li>* Canned Fruits in light syrup</li> <li>* 100% Fruit Juice (offered twice/week)</li> </ul>	<p>12/15</p> <p>Chicken Nuggets Bread Slice Fries Fresh Vegetable Diced Peaches <b>Day A</b></p>	<p>12/16</p> <p>Chicken Corn Dog Nuggets Steamed Mixed Veggies Fresh Vegetable Applesauce <b>Day B</b></p>	<p>12/17</p> <p>Meatball Sub Steamed Carrots Fresh Vegetable 100% Fruit Juice <b>Day C</b></p>	<p>12/18</p> <p>Grilled Cheese Sandwich Steamed Cauliflower Fresh Vegetable Banana <b>Day D</b></p>	<p>12/19</p> <p><b>Early Dismissal</b> Turkey &amp; Cheese Sandwich Baby Carrots Celery Sticks Apple Slices <b>Day E</b></p>
	<p>12/22</p> 	<p>12/23</p> 	<p>12/24</p> 	<p>12/25</p> 	<p>12/26</p> 
<p><b>Daily Milk Choices:</b></p> <ul style="list-style-type: none"> <li>Fat Free Flavored</li> <li>Fat Free White Milk</li> <li>1 % White Milk</li> </ul>	<p>12/29</p> 	<p>12/30</p> 	<p>12/31</p> 