


# Sylvan Heights February 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day B</b>	2/4 Zee Zee Bar Craisins 100% Fruit Juice <b>Day C</b>	2/5 Mini French Toast Banana 100% Fruit Juice <b>Day D</b>	2/6 Strawberry Cream Cheese Mini Bagels Apple Slices 100% Fruit Juice <b>Day E</b>	2/7 No School <i>Parent/Teacher Conferences</i>
2/10 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day F</b>	2/11 Chocolate Chip Muffin Flat Raisins 100% Fruit Juice <b>Day A</b>	2/12 Mini Maple Waffles Banana 100% Fruit Juice <b>Day B</b>	2/13 Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice <b>Day C</b>	2/14 No School <i>Teacher In-service</i>
2/17 No School 	2/18 Apple Frudel Craisins 100% Fruit Juice <b>Day D</b>	2/19 Waffle Snaps Banana 100% Fruit Juice <b>Day E</b>	2/20 Goody Ring Donut Apple Slices 100% Fruit Juice <b>Day F</b>	2/21 Cereal Bar Applesauce 100% Fruit Juice <b>Day A</b>
2/24 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day B</b>	2/25 Cinnamon Cream Cheese Mini Bagels Raisins 100% Fruit Juice <b>Day C</b>	2/26 Soft Filled Cocoa Puff Bar Banana 100% Fruit Juice <b>Day D</b>	2/27 Cherry Muffin Apple Slices 100% Fruit Juice <b>Day E</b>	2/28 Cereal Bar Applesauce 100% Fruit Juice <b>Day F</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 February 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
	2/3 Chicken Nuggets Bread Slice Tater Tots Fresh Vegetable Pineapple Tidbits <b>Day B</b>	2/4 Pasta w/Meat Sauce Garlic Toast Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice <b>Day C</b>	2/5 Hot Dog Baked Vegetarian Beans Fresh Vegetable Apple Slices <b>Day D</b>	2/6 Breaded Chicken Sandwich Steamed Corn Fresh Vegetable Mixed Fruit <b>Day E</b>	2/7 No School <i>Parent/Teacher Conferences</i>
	2/10 Grilled Cheese Tomato Soup Fries Fresh Vegetable Diced Peaches <b>Day F</b>	2/11 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce <b>Day A</b>	2/12 Meatball Sub Steamed Carrots Fresh Vegetable 100% Fruit Juice <b>Day B</b>	2/13 Hot Turkey Melt on Pretzel Bun Steamed Cauliflower Fresh Vegetable Banana <b>Day C</b>	2/14 No School <i>Teacher In-service</i>
	2/17 No School  <b>Presidents' Day</b>	2/18 Chicken Soft Tacos Steamed Corn Fresh Vegetable 100% Fruit Juice <b>Day D</b>	2/19 Spaghetti & Meatballs Garlic Toast Steamed Green Beans Fresh Vegetable Apple Slices <b>Day E</b>	2/20 Walking Taco Bread Slice Steamed Carrots Fresh Vegetable Mixed Fruit <b>Day F</b>	2/21 Teriyaki Dumplings Rice Steamed Peas Fresh Vegetable Diced Pears <b>Day A</b>
	2/24 Sloppy Joe Sandwich Steamed Cauliflower Fresh Vegetable Diced Peaches <b>Day B</b>	2/25 Cheeseburger Fries Fresh Vegetable Applesauce <b>Day C</b>	2/26 Macaroni & Cheese Garlic Toast Steamed Carrots Fresh Vegetable 100% Fruit Juice <b>Day D</b>	2/27 Sweet & Sour Popcorn Chicken w/Bread Slice Steamed Corn Fresh Vegetable Banana <b>Day E</b>	2/28 Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit <b>Day F</b>