


# Sylvan Heights February 2026 Breakfast Menu

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| 2/2<br>Cereal Bowl<br>Breakfast Crackers<br>Applesauce<br>100% Fruit Juice<br><b>Day F</b>             | 2/3<br>Breakfast Pastry<br>Craisins<br>100% Fruit Juice<br><b>Day A</b>       | 2/4<br>Breakfast Pastry<br>Applesauce<br>100% Fruit Juice<br><b>Day B</b>   | 2/5<br>Breakfast Pastry<br>Apple Slices<br>100% Fruit Juice<br><b>Day C</b>                        | 2/6<br>No School<br><i>Parent/Teacher Conferences</i>                                  |
| 2/9<br>Cereal Bowl<br>Breakfast Crackers<br>Applesauce<br>100% Fruit Juice<br><b>Day D</b>             | 2/10<br>Benefit Bar<br>Craisins<br>100% Fruit Juice<br><b>Day E</b>           | 2/11<br>Mini French Toast<br>Applesauce<br>100% Fruit Juice<br><b>Day F</b> | 2/12<br>Strawberry Cream<br>Cheese Mini Bagels<br>Apple Slices<br>100% Fruit Juice<br><b>Day A</b> | 2/13<br>Cereal Bar<br>Breakfast Crackers<br>Banana<br>100% Fruit Juice<br><b>Day B</b> |
| 2/16<br>No School<br> | 2/17<br>Chocolate Chip Muffin<br>Craisins<br>100% Fruit Juice<br><b>Day C</b> | 2/18<br>Mini Pancakes<br>Applesauce<br>100% Fruit Juice<br><b>Day D</b>     | 2/19<br>Zee Zee Bar<br>Apple Slices<br>100% Fruit Juice<br><b>Day E</b>                            | 2/20<br>Cereal Bar<br>Breakfast Crackers<br>Banana<br>100% Fruit Juice<br><b>Day F</b> |
| 2/23<br>Cereal Bowl<br>Breakfast Crackers<br>Applesauce<br>100% Fruit Juice<br><b>Day A</b>            | 2/24<br>Waffle Snaps<br>Craisins<br>100% Fruit Juice<br><b>Day B</b>          | 2/25<br>Mini Waffles<br>Applesauce<br>100% Fruit Juice<br><b>Day C</b>      | 2/26<br>Pull-a-part Donut<br>Apple Slices<br>100% Fruit Juice<br><b>Day D</b>                      | 2/27<br>Cereal Bar<br>Breakfast Crackers<br>Banana<br>100% Fruit Juice<br><b>Day E</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 2026 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  |
|---|--|---|--|---|
| 2/2<br>Tortellini Alfredo<br>Garlic Toast<br>Steamed Broccoli<br>Fresh Vegetable<br>Diced Peaches<br><b>Day F</b>       | 2/3<br>French Toast Sticks<br>Sausage Patties<br>Tater Tots<br>Fresh Vegetable<br>Applesauce<br><b>Day A</b>               | 2/4<br>Cheeseburger<br>BBQ Baked Beans<br>Fresh Vegetable<br>100% Fruit Juice<br><b>Day B</b>   | 2/5<br>Walking Taco<br>Bread Slice<br>Steamed Green Beans<br>Fresh Vegetable<br>Banana<br><b>Day C</b>           | 2/6<br>No School<br><br><i>Parent/Teacher Conferences</i>   |
| 2/9<br>Chicken Nuggets<br>Bread Slice<br>Tater Tots<br>Fresh Vegetable<br>Pineapple Tidbits<br><b>Day D</b>             | 2/10<br>Pasta & Meat Sauce<br>Garlic Toast<br>Steamed Mixed Veggies<br>Fresh Vegetable<br>100% Fruit Juice<br><b>Day E</b> | 2/11<br>Breaded Chicken<br>Sandwich<br>Steamed Broccoli<br>Fresh Vegetable<br>Apple Slices<br><b>Day F</b>                              | 2/12<br>Walking Taco<br>Bread Slice<br>Steamed Peas<br>Fresh Vegetable<br>Mixed Fruit<br><b>Day A</b>            | 2/13<br>Turkey & Cheese<br>Sandwich<br>Baby Carrots<br>Veggie Juice<br>Applesauce<br><b>Day B</b> |
| 2/16<br>No School<br><br>             | 2/17<br>French Toast Sticks<br>Sausage Patties<br>Tater Tots<br>Fresh Vegetable<br>Applesauce<br><b>Day C</b>              | 2/18<br>Cheese Ravioli w/Marinara<br>Sauce & Garlic Toast<br>Steamed Green Beans<br>Fresh Vegetable<br>100% Fruit Juice<br><b>Day D</b> | 2/19<br>Hot Turkey Melt on<br>Pretzel Bun<br>Baked Vegetarian Beans<br>Fresh Vegetable<br>Banana<br><b>Day E</b> | 2/20<br>Cheese Pizza<br>Steamed Carrots<br>Fresh Vegetable<br>Mixed Fruit<br><b>Day F</b>         |
| 2/23<br>Chicken Nuggets<br>Bread Slice<br>Steamed Mixed Veggies<br>Fresh Vegetable<br>Pineapple Tidbits<br><b>Day A</b> | 2/24<br>Grilled Cheese Sandwich<br>Tater Tots<br>Fresh Vegetable<br>100% Fruit Juice<br><b>Day B</b>                       | 2/25<br>Spaghetti & Meat Sauce<br>Garlic Toast<br>Steamed Green Beans<br>Fresh Vegetable<br>Apple Slices<br><b>Day C</b>                | 2/26<br>Hot Dog<br>Baked Beans<br>Fresh Vegetable<br>Mixed Fruit<br><b>Day D</b>                                 | 2/27<br>Cheese Pizza<br>Steamed Broccoli<br>Fresh Vegetable<br>Diced Pears<br><b>Day E</b>        |