


Sylvan Heights January 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/1 No School	1/2 Benefit Bar Craisins 100% Fruit Juice Day F	1/3 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A
1/6 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	1/7 Chocolate Chip Muffin Flat Diced Fruit in Juice 100% Fruit Juice Day C	1/8 Waffle Minis Apple Slices 100% Fruit Juice Day D	1/9 Soft Filled Cinnamon Toast Crunch Bar Banana 100% Fruit Juice Day E	1/10 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day F
1/13 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	1/14 Apple Frudel Diced Fruit in Juice 100% Fruit Juice Day B	1/15 Waffle Snaps Apple Slices 100% Fruit Juice Day C	1/16 Whole Grain Good Ring Donut Banana 100% Fruit Juice Day D	1/17 No School <i>Teacher In-service</i>
1/20 No School  MLK Day	1/21 Cinnamon Cream Cheese Mini Bagels Diced Fruit in Juice 100% Fruit Juice Day E	1/22 Mini French Toast Apple Slices 100% Fruit Juice Day F	1/23 Cherry Muffin Banana 100% Fruit Juice Day A	1/24 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B
1/27 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day C	1/28 Benefit Bar Diced Fruit in Juice 100% Fruit Juice Day D	1/29 Cinnamon Roll Apple Slices 100% Fruit Juice Day E	1/30 Cherry Frudel Banana 100% Fruit Juice Day F	1/31 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A

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 January 2025 Lunch Menu



<p>What Makes a Meal?</p> <p>Choose 3, 4 or 5 food items from these 5 components:</p> <p>Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk</p> <p>Lunch must include at least one fruit or vegetable</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1/6</p> <p>Salisbury Steak Bread Slice Mashed Potatoes & Gravy Fresh Vegetable Pineapple Tidbits Day B</p>	<p>1/7</p> <p>Breaded Chicken Sandwich Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice Day C</p>	<p>1/8</p> <p>No School</p>	<p>1/9</p> <p>Walking Taco Bread Slice Steamed Corn Fresh Vegetable Banana Day F</p>	<p>1/3</p> <p>Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit Day A</p>
<p>Vegetable Features</p> <p>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>1/13</p> <p>Chicken Nuggets Bread Slice Steamed Peas Diced Peaches Day A</p>	<p>1/14</p> <p>French Toast Sticks Sausage Patties Fries Fresh Vegetable Applesauce Day B</p>	<p>1/15</p> <p>Hot Dog Baked Beans Fresh Vegetable Apple Slices Day D</p>	<p>1/16</p> <p>Waffles & Sausage Tater Tots Fresh Vegetable Mixed Fruit Day E</p>	<p>1/10</p> <p>Grilled Cheese Sandwich Steamed Carrots Fresh Vegetable Diced Pears Day F</p>
<p>Fruit Features</p> <p>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>1/13</p> <p>Chicken Nuggets Bread Slice Steamed Peas Diced Peaches Day A</p>	<p>1/14</p> <p>French Toast Sticks Sausage Patties Fries Fresh Vegetable Applesauce Day B</p>	<p>1/15</p> <p>Beefy Macaroni Bread Slice Steamed Green Beans Fresh Vegetable 100% Fruit Juice Day C</p>	<p>1/16</p> <p>Corn Dog Nuggets Baked Beans Fresh Vegetable Banana Day D</p>	<p>1/17</p> <p>No School</p> <p><i>Teacher In-service</i></p>
	<p>1/20</p> <p>No School</p> 	<p>1/21</p> <p>Chili w/Garlic Toast Tater Tots Fresh Vegetable 100% Fruit Juice Day E</p>	<p>1/22</p> <p>Cheeseburger Steamed Corn Fresh Vegetable Apple Slices Day F</p>	<p>1/23</p> <p>Cheesy Bread Sticks Steamed Carrots Fresh Vegetable Mixed Fruit Day A</p>	<p>1/24</p> <p>Cheese Pizza Steamed Cauliflower Fresh Vegetable Diced Pears Day B</p>
<p>Daily Milk Choices:</p> <p>Fat Free Flavored Fat Free White Milk 1% White Milk</p>	<p>1/27</p> <p>Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches Day C</p>	<p>1/28</p> <p>Chicken Cheesesteak Sub Steamed Peas Fresh Vegetable Applesauce Day D</p>	<p>1/29</p> <p>Hot Dog Fries Fresh Vegetable 100% Fruit Juice Day E</p>	<p>1/30</p> <p>Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana Day F</p>	<p>1/31</p> <p>Cheese Lasagna Rollup Garlic Toast Steamed Carrots Fresh Vegetable Mixed Fruit Day A</p>