

Sylvan Heights January 2024 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>  <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>Daily Milk Choices: Fat Free Flavored Fat Free White Milk 1% White Milk</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1/1 No School	1/2 No School	1/3 Meatball Sub Steamed Mixed Veggies Fresh Vegetable Apple Slices	1/4 Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable Mixed Fruit	1/5 Hamburger Baked Beans Fresh Vegetable Diced Peaches
	1/8 Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches	1/9 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce	1/10 Chicken Corn Dog Nuggets Fries Fresh Vegetable 100% Fruit Juice	1/11 Walking Taco Bread Slice Steamed Corn Fresh Vegetable Banana	1/12 Popcorn Chicken Bread Slice Steamed Mixed Veggies Fresh Vegetable Mixed Fruit
	1/15 No School	1/16 Breaded Chicken Sandwich Steamed Broccoli Fresh Vegetable 100% Fruit Juice	1/17 Macaroni & Cheese Bread Slice Steamed Green Beans Fresh Vegetable Apple Slices	1/18 Waffles & Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit	1/19 Cheese Pizza Steamed Carrots Fresh Vegetable Diced Peaches
	1/22 Cheeseburger Steamed Broccoli Fresh Vegetable Diced Peaches	1/23 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce	1/24 <u>Early Dismissal</u> Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices	1/25 Hot Dog Baked Beans Fresh Vegetable Banana	1/26 Breaded Fish Sandwich Steamed Mixed Veggies Fresh Vegetable Mixed Fruit
	1/29 Chicken Nuggets Bread Slice Steamed Peas Fresh Vegetable Diced Peaches	1/30 Chicken & Cheese Quesadilla Steamed Green Beans Fresh Vegetable Applesauce	1/31 Chicken Corn Dog Nuggets Tater Tots Fresh Vegetable 100% Fruit Juice		