


Sylvan Heights January 2026 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/5 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day F	1/6 Benefit Bar Craisins 100% Fruit Juice Day A	1/7 French Toast Minis Applesauce 100% Fruit Juice Day B	1/8 Strawberry Cream Cheese Mini Bagels Apple Slices 100% Fruit Juice Day C	1/9 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day D
1/12 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day E	1/13 Chocolate Chip Muffin Craisins 100% Fruit Juice Day F	1/14 Mini Pancakes Applesauce 100% Fruit Juice Day A	1/15 Zee Zee Bar Apple Slices 100% Fruit Juice Day B	1/16 
1/19 	1/20 Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice Day C	1/21 Waffle Snaps Applesauce 100% Fruit Juice Day D	1/22 Goody Ring Apple Slices 100% Fruit Juice Day E	1/23 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day F
1/26 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	1/27 Benefit Bar Craisins 100% Fruit Juice Day B	1/28 Mini Waffles Applesauce 100% Fruit Juice Day C	1/29 Donut Flower Apple Slices 100% Fruit Juice Day D	1/30 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day E

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 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
1/5 Cheeseburger Fries Fresh Vegetable Diced Peaches Day F	1/6 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce Day A	1/7 Macaroni & Cheese Garlic Toast Steamed Carrots Fresh Vegetable 100% Fruit Juice Day B	1/8 Chicken Corn Dog Nuggets Steamed Green Beans Fresh Vegetable Banana Day C	1/9 Cheese Pizza Steamed Corn Fresh Vegetable Mixed Fruit Day D
1/12 Sloppy Joe Sandwich Steamed Cauliflower Fresh Vegetable Pineapple Tidbits Day E	1/13 Cheese Stromboli Steamed Broccoli Fresh Vegetable 100% Fruit Juice Day F	1/14 Breaded Chicken Sandwich Baked Vegetarian Beans Fresh Vegetable Apple Slices Day A	1/15 Waffles Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit Day B	1/16 
1/19  Day C	1/20 Chicken & Cheese Quesadilla Fries Fresh Vegetable Applesauce Day C	1/21 Beefy Macaroni Bread Slice Steamed Green Beans Fresh Vegetable 100% Fruit Juice Day D	1/22 Walking Taco Bread Slice Baked Vegetarian Beans Fresh Vegetable Banana Day E	1/23 Chicken & Gravy Over Biscuit Steamed Broccoli Fresh Vegetable Mixed Fruit Day F
1/26 Steak & Cheese Sub Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits Day A	1/27 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice Day B	1/28 Breaded Chicken Sandwich Steamed Corn Fresh Vegetable Apple Slices Day C	1/29 Walking Taco Bread Slice Steamed Carrots Fresh Vegetable Mixed Fruit Day D	1/30 Cheese Pizza Steamed Cauliflower Fresh Vegetable Diced Pears Day E