

Sylvan Heights March 2024 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	3/5 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	3/6 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	3/7 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	3/8 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice
3/11 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	3/12 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	3/13 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	3/14 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	3/15 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice
3/18 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	3/19 Goody Ring Assorted Fruit Cup 100% Fruit Juice	3/20 French Toast Minis Applesauce Cup 100% Fruit Juice	3/21 Cinnamon Toast Crunch Bar Assorted Fruit Cup 100% Fruit Juice	3/22 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice
3/25 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	3/26 Benefit Bar Assorted Fruit Cup 100% Fruit Juice	3/27 Cinnamon Roll Applesauce Cup 100% Fruit Juice	3/28 No School	3/29 No School

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.



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 any questions, comments or concerns:
skidd@cdschools.org