

Sylvan Heights March 2024 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4 Spaghetti & Meatballs Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches	3/5 Korean BBQ Dumplings Fried Rice Steamed Carrots Fresh Vegetable Applesauce	3/6 Chicken Corn Dog Nuggets Steamed Corn Fresh Vegetable 100% Fruit Juice	3/7 Turkey & Cheese Hoagie Baby Carrots Veggie Juice Apple Slices	3/8 No School
3/11 Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	3/12 French Toast Sticks Chicken Sausage Tater Tots Fresh Vegetable 100% Fruit Juice	3/13 Grilled Cheese Sandwich Steamed Broccoli Fresh Vegetable Apple Slices	3/14 Oven Roasted Turkey Dinner Roll Mashed Potatoes Fresh Vegetable Mixed Fruit	3/15 Turkey & Cheese Melt Steamed Carrots Fresh Vegetable Diced Pears
3/18 Homemade Chili Bread Slice Steamed Corn Fresh Vegetable Diced Peaches	3/19 Chicken & Cheese Quesadilla Steamed Green Beans Fresh Vegetable Applesauce	3/20 Chicken Corn Dog Nuggets Tater Tots Fresh Vegetable 100% Fruit Juice	3/21 Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana	3/22 Cheese Pizza Steamed Mixed Veggies Fresh Vegetable Mixed Fruit
3/25 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Pineapple Tidbits	3/26 Breaded Chicken Sandwich Fries Fresh Vegetable 100% Fruit Juice	3/27 Turkey & Cheese Hoagie Baby Carrots Veggie Juice Apple Slices	3/28 No School	3/29 No School

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