


# Sylvan Heights March 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/3 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day A</b>	3/4 Benefit Bar Craisins 100% Fruit Juice <b>Day B</b>	3/5 Cinnamon Roll Banana 100% Fruit Juice <b>Day C</b>	3/6 Cherry Frudel Apple Slices 100% Fruit Juice <b>Day D</b>	3/7 Cereal Bar Applesauce 100% Fruit Juice <b>Day E</b>
3/10 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day F</b>	3/11 Zee Zee Bar Raisins 100% Fruit Juice <b>Day A</b>	3/12 French Toast Minis Banana 100% Fruit Juice <b>Day B</b>	3/13 Strawberry Cream Cheese Mini Bagels Apple Slices 100% Fruit Juice <b>Day C</b>	3/14 No School <i>Teacher In-service</i>
3/17 	3/18 Chocolate Chip Muffin Flat Craisins 100% Fruit Juice <b>Day D</b>	3/19 Waffle Minis Banana 100% Fruit Juice <b>Day E</b>	3/20 Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice <b>Day F</b>	3/21 Cereal Bar Applesauce 100% Fruit Juice <b>Day A</b>
3/24 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day B</b>	3/25 Apple Frudel Raisins 100% Fruit Juice <b>Day C</b>	3/26 Waffle Snaps Banana 100% Fruit Juice <b>Day D</b>	3/27 Cereal Bowl Breakfast Crackers Apple Slices 100% Fruit Juice <b>Day E</b>	3/28 Cereal Bar Applesauce 100% Fruit Juice <b>Day F</b>
3/31 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day A</b>				

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](mailto:skidd@cdschools.org)

# Sylvan Heights March 2025 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
	3/3 Green Eggs & Chicken Sausage Patties Pancakes Tater Tots Fresh Vegetable Pineapple Tidbits <b>Day A</b>	3/4 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable 100% Fruit Juice <b>Day B</b>	3/5 Italian Dunkers w/Marinara Sauce Steamed Peas Fresh Vegetable Apple Slices <b>Day C</b>	3/6 Walking Taco Bread Slice Steamed Mixed Veggies Fresh Vegetable Mixed Fruit <b>Day D</b>	3/7 Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce <b>Day E</b>
	3/10 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Diced Peaches <b>Day F</b>	3/11 French Toast Sticks Chicken Sausage Patties Fries Fresh Vegetable Applesauce <b>Day A</b>	3/12 Beefy Macaroni Bread Slice Steamed Green Beans Fresh Vegetable 100% Fruit Juice <b>Day B</b>	3/13 Breaded Fish Sandwich Baked Vegetarian Beans Fresh Vegetable Banana <b>Day C</b>	3/14 No School <i>Teacher In-service</i>
	3/17 	3/18 Homemade Chili Garlic Toast Steamed Peas Fresh Vegetable 100% Fruit Juice <b>Day D</b>	3/19 Breaded Chicken Sandwich Steamed Corn Fresh Vegetable Apple Slices <b>Day E</b>	3/20 Walking Taco Bread Slice Steamed Carrots Fresh Vegetable Mixed Fruit <b>Day F</b>	3/21 Sweet & Sour Dumplings Rice Steamed Cauliflower Fresh Vegetable Diced Pears <b>Day A</b>
	3/24 Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches <b>Day B</b>	3/25 Chicken Cheesesteak Sub Tater Tots Fresh Vegetable Applesauce <b>Day C</b>	3/26 Hot Turkey Sandwich Mashed Potatoes & Gravy Fresh Vegetable 100% Fruit Juice <b>Day D</b>	3/27 Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce <b>Day E</b>	3/28 Cheese Pizza Steamed Carrots Fresh Vegetable Mixed Fruit <b>Day F</b>
	3/31 Egg & Cheese Sandwich Tater Tots Fresh Vegetable Pineapple Tidbits <b>Day A</b>				