

Sylvan Heights March 2026 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice	3/3 Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice	3/4 Zee Zee Bar Applesauce 100% Fruit Juice	3/5 Benefit Bar Apple Slices 100% Fruit Juice	3/6 No School
3/9 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice	3/10 Apple Frudel Craisins 100% Fruit Juice	3/11 French Toast Minis Applesauce 100% Fruit Juice	3/12 Strawberry Cream Cheese Mini Bagels Apple Slices 100% Fruit Juice	3/13 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice
3/16 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice	3/17 Chocolate Chip Muffin Craisins 100% Fruit Juice	3/18 Mini Pancakes Applesauce 100% Fruit Juice	3/19 Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice	3/20 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice
3/23 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice	3/24 Blueberry Muffin Craisins 100% Fruit Juice	3/25 Mini Waffles Applesauce 100% Fruit Juice	3/26 Pull-a-part Donut Apple Slices 100% Fruit Juice	3/27 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice
3/30 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice	3/31 Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice			

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 March 2026 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
	<p>3/2</p> <p>Chicken Nuggets Bread Slice Tater Tots Fresh Vegetable Diced Peaches</p>	<p>3/3</p> <p>French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce</p>	<p>3/4</p> <p>Cheeseburger Fries Fresh Vegetable 100% Fruit Juice</p>	<p>3/5</p> <p>Walking Taco Bread Slice Steamed Corn Fresh Vegetable Banana</p>	<p>3/6</p> <p>No School</p>
	<p>3/9</p> <p>Hot Turkey Sandwich Mashed Potatoes Fresh Vegetable Pineapple Tidbits</p>	<p>3/10</p> <p>Cheese Stromboli Steamed Green Beans Fresh Vegetable 100% Fruit Juice</p>	<p>3/11</p> <p>Breaded Chicken Sandwich Baked Beans Fresh Vegetable Apple Slices</p>	<p>3/12</p> <p>Waffles Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit</p>	<p>3/13</p> <p>Mandarin Orange Chicken w/Rice Steamed Carrots Fresh Vegetable Diced Pears</p>
	<p>3/16</p> <p>Italian Dunkers Marinara Sauce Steamed Peas Fresh Vegetable Diced Peaches</p>	<p>3/17</p> <p>French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce</p>	<p>3/18</p> <p>Beefy Macaroni Garlic Toast Steamed Green Beans Fresh Vegetable 100% Fruit Juice</p>	<p>3/19</p> <p>Walking Taco Bread Slice Baked Beans Fresh Vegetable Banana</p>	<p>3/20</p> <p>Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit</p>
	<p>3/23</p> <p>Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits</p>	<p>3/24</p> <p>Homemade Chili Garlic Toast Steamed Corn Fresh Vegetable 100% Fruit Juice</p>	<p>3/25</p> <p>Breaded Chicken Sandwich Steamed Broccoli Fresh Vegetable Apple Slices</p>	<p>3/26</p> <p>Oven Roasted Turkey Dinner Roll Mashed Potatoes Fresh Vegetable Applesauce</p>	<p>3/27</p> <p>Chicken Corn Dog Nuggets Steamed Cauliflower Fresh Vegetable Diced Pears</p>
	<p>3/30</p> <p>Marinara Cheese Ravioli Garlic Toast Steamed Carrots Fresh Vegetable Diced Peaches</p>	<p>3/31</p> <p>Beef & Cheese Soft Tacos Tater Tots Fresh Vegetable Applesauce</p>			