


# Sylvan Heights May 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5/1 Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice <b>8Um7</b>	5/2 Cereal Bar Applesauce 100% Fruit Juice <b>8Um8</b>
5/5 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>8Um9</b>	5/6 Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice <b>8Um1</b>	5/7 Soft Filled Cocoa Puff Bar Banana 100% Fruit Juice <b>8Um5</b>	5/8 Cherry Muffin Apple Slices 100% Fruit Juice <b>8Um6</b>	5/9 Cereal Bar Applesauce 100% Fruit Juice <b>8Um7</b>
5/12 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>8Um8</b>	5/13 Benefit Bar Craisins 100% Fruit Juice <b>8Um9</b>	5/14 Cinnamon Roll Banana 100% Fruit Juice <b>Day F</b>	5/15 Cherry Frudel Apple Slices 100% Fruit Juice <b>Day A</b>	5/16 Cereal Bar Applesauce 100% Fruit Juice <b>Day B</b>
5/19 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice <b>Day C</b>	5/20 Zee Zee Bar Craisins 100% Fruit Juice <b>Day D</b>	5/21 French Toast Minis Banana 100% Fruit Juice <b>Day E</b>	5/22 Strawberry Cream Cheese Mini Bagels Apple Slices 100% Fruit Juice <b>Day F</b>	5/23 Cereal Bar Applesauce 100% Fruit Juice <b>Day A</b>
5/26 No School <i>Memorial Day</i> 	5/27 Chocolate Chip Muffin Flat Craisins 100% Fruit Juice <b>Day B</b>	5/28 Waffle Minis Banana 100% Fruit Juice <b>Day C</b>	5/29 Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice <b>Day D</b>	5/30 Cereal Bar Applesauce 100% Fruit Juice <b>Day E</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 May 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
				5/1 Walking Taco Bread Slice Steamed Peas Fresh Vegetable Banana <b>Day C</b>	5/2 Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit <b>Day D</b>
	5/5 Beef Soft Tacos Bread Slice Steamed Corn Fresh Vegetable Pineapple Tidbits <b>Day E</b>	5/6 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice <b>Day F</b>	5/7 Breaded Chicken Sandwich Steamed Mixed Veggies Fresh Vegetable Apple Slices <b>Day A</b>	5/8 Chicken Corn Dog Nuggets Steamed Broccoli Fresh Vegetable Mixed Fruit <b>Day B</b>	5/9 Breaded Fish Sandwich Steamed Peas Fresh Vegetable Diced Pears <b>Day C</b>
	5/12 Sloppy Joe Sandwich Steamed Green Beans Fresh Vegetable Diced Peaches <b>Day D</b>	5/13 Chicken Cheesesteak Tater Tots Fresh Vegetable Applesauce <b>Day E</b>	5/14 Hot Turkey Sandwich Mashed Potatoes Fresh Vegetable 100% Fruit Juice <b>Day F</b>	5/15 Walking Taco Bread Slice Steamed Corn Fresh Vegetable Banana <b>Day A</b>	5/16 Pasta & Meatballs Garlic Toast Steamed Carrots Fresh Vegetable Mixed Fruit <b>Day B</b>
	5/19 Breakfast Sandwich Tater Tots Fresh Vegetable Pineapple Tidbits <b>Day C</b>	5/20 Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Cup <b>Day D</b>	5/21 BBQ Chicken Dunkers Baked Vegetarian Beans Fresh Vegetable Apple Slices <b>Day E</b>	5/22 Lasagna Rollups Garlic Toast Steamed Green Beans Fresh Vegetable Mixed Fruit <b>Day F</b>	5/23 Cheeseburger Fries Fresh Vegetable Diced Pears <b>Day A</b>
	5/26 No School <i>Memorial Day</i>  <b>Day B</b>	5/27 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce <b>Day B</b>	5/28 Meatball Sub Steamed Corn Fresh Vegetable 100% Fruit Juice <b>Day C</b>	5/29 Walking Taco Bread Slice Steamed Mixed Veggies Fresh Vegetable Banana <b>Day D</b>	5/30 <b>LAST DAY</b> Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Cup <b>Day E</b>