


Sylvan Heights November 2024 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11/1 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day F
11/4 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	11/5 No School <i>Conferences</i>	11/6 Cinnamon Roll Apple Slices 100% Fruit Juice Day B	11/7 Cherry Frudel Banana 100% Fruit Juice Day C	11/8 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day D
11/11 No School <i>Teacher In-Service</i>	11/12 Zee Zee Bar Diced Fruit in Juice 100% Fruit Juice Day E	11/13 Mini French Toast Apple Slices 100% Fruit Juice Day F	11/14 Strawberry Cream Cheese Mini Bagels Banana 100% Fruit Juice Day A	11/15 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B
11/18 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day C	11/19 Chocolate Chip Muffin Flat Diced Fruit in Juice 100% Fruit Juice Day D	11/20 Waffle Minis Apple Slices 100% Fruit Juice Day E	11/21 Soft Filled Cinnamon Toast Crunch Bar Banana 100% Fruit Juice Day F	11/22 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A
11/25 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	11/26 Apple Frudel Diced Fruit in Juice 100% Fruit Juice Day C	11/27 No School <i>Thanksgiving Recess</i>	11/28 No School	11/29 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.



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 November 2024 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> 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>11/4</p> <p>Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices Day A</p>	<p>11/5</p> <p>No School</p> <p><i>Conferences</i></p>	<p>11/6</p> <p>Chicken Corn Dog Nuggets Steamed Cauliflower Fresh Vegetable Apple Slices Day B</p>	<p>11/7</p> <p>Walking Taco Bread Slice Steamed Mixed Veggies Fresh Vegetable Mixed Fruit Day C</p>	<p>11/1</p> <p>Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit Day F</p> <p>11/8</p> <p>Popcorn Chicken Bread Slice Steamed Carrots Fresh Vegetable Diced Pears Day D</p>
<p>Vegetable Features</p> <p>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>11/11</p> <p>No School</p> <p><i>Teacher In-Service</i></p>	<p>11/12</p> <p>French Toast Sticks Chicken Sausage Patties Fries Fresh Vegetable Applesauce Day E</p>	<p>11/13</p> <p>Breaded Fish Sandwich Steamed Cauliflower Fresh Vegetable 100% Fruit Juice Day F</p>	<p>11/14</p> <p>Thanksgiving Meal Oven Roasted Turkey Dinner Roll Mashed Potatoes & Gravy Fresh Vegetable Warm Cinnamon Apples Day A</p>	<p>11/15</p> <p>Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit Day B</p>
<p>Fruit Features</p> <p>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>11/18</p> <p>Italian Dunkers w/Marinara Sauce Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits Day C</p>	<p>11/19</p> <p>Homemade Chili Garlic Toast Tater Tots Fresh Vegetable 100% Fruit Juice Day D</p>	<p>11/20</p> <p>Chicken Corn Dog Nuggets Steamed Corn Fresh Vegetable Apple Slices Day E</p>	<p>11/21</p> <p>Pierogies Dinner Roll Steamed Carrots Fresh Vegetable Mixed Fruit Day F</p>	<p>11/22</p> <p>Breaded Chicken Sandwich Steamed Cauliflower Fresh Vegetable Diced Pears Day A</p>
<p>Daily Milk Choices:</p> <p>Fat Free Flavored Fat Free White Milk 1 % White Milk</p>	<p>11/25</p> <p>Chicken Nuggets Bread Slice Steamed Corn Fresh Vegetable Diced Peaches Day B</p>	<p>11/26</p> <p>Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices Day C</p>	<p>11/27</p> <p>No School</p>	<p>11/28</p> <p>No School</p>	<p>11/29</p> <p>No School</p> <p><i>Thanksgiving Recess</i></p> 