Sylvan Heights
Breakfast Menu

November 2026

Fresh Eats CAFETERIA

Director of Food & Nutrition
Sharon Kidd | skidd@cdschools.org

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Cereal Bowl** Breakfast Crackers Applesauce 100% Fruit Juice **Day D**	**3** **No School** *Teacher In-service*	**4** **Waffle Snaps** Applesauce 100% Fruit Juice **Day E**	**5** Picture Day **Good Ring Donut** Apple Slices 100% Fruit Juice **Day F**	**6** **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice **Day A**
9 **Cereal Bowl** Breakfast Crackers Applesauce 100% Fruit Juice **Day B**	**10** **Cinnamon Cream Cheese Mini Bagels** Craisins 100% Fruit Juice **Day C**	**11** **No School** *Conferences* VETERANS DAY	**12** **Donut Flower** Apple Slices 100% Fruit Juice **Day D**	**13** **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice **Day E**
16 **Cereal Bowl** Breakfast Crackers Applesauce 100% Fruit Juice **Day F**	**17** **Strawberry Pancake Puffs** Craisins 100% Fruit Juice **Day A**	**18** **Cereal Bar** Breakfast Crackers Applesauce 100% Fruit Juice **Day B** SEL NIGHT	**19** **Zee Zee Bar** Apple Slices 100% Fruit Juice **Day C**	**20** **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice **Day D**
23 **Cereal Bowl** Breakfast Crackers Applesauce 100% Fruit Juice **Day E**	**24** **Benefit Bar** Craisins 100% Fruit Juice **Day F**	**25** **No School** *Thanksgiving Recess*	**26** Happy Thanks Giving NO SCHOOL	**27** NO SCHOOL
30 **No School** *Thanksgiving Recess*	Being the Best I Can Be	Let someone know you're thankful for them.		

Daily Milk Options: 1% white, fat-free white, fat-free flavored

USDA is an equal opportunity provider, employer, and lender.
Menu subject to change.

The Nutrition Group

Sylvan Heights
Lunch Menu

November 2026

Fresh Eats CAFETERIA

Director of Food & Nutrition
Sharon Kidd | skidd@cdschools.org

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Chicken Nuggets** Bread Slice Steamed Peas Fresh Vegetable Diced Peaches **Day D**	3 **No School** *Teacher In-service*	4 **Beefy Macaroni** Sliced Bread Steamed Green Beans Fresh Vegetable 100% Fruit Juice **Day E**	5 **Walking Taco** Bread Slice Baked Vegetarian Beans Fresh Vegetable Banana **Day F**	6 **Cheese Pizza** Steamed Broccoli Fresh Vegetable Mixed Fruit **Day A**
9 **Steak & Cheese Sub** Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits **Day B**	10 **French Toast Sticks** **Chicken Sausage Patties** Tater Tots Fresh Vegetable 100% Fruit Juice **Day C**	11 **No School** *Conferences* **VETERANS DAY**	12 **Oven Roasted Turkey** Dinner Roll Mashed Potatoes Fresh Vegetable Apple Crisp **Day D**	13 **Cheese Pizza** Fries Fresh Vegetable Diced Pears **Day E**
16 **Cheese Ravioli w/Marinara Sauce** Garlic Toast Steamed Green Beans Fresh Vegetable Diced Peaches **Day F**	17 **Chicken Tenders** Bread Slice Steamed Broccoli Fresh Vegetable Applesauce **Day A**	18 **Hot Turkey Sandwich** Mashed Potatoes Fresh Vegetable 100% Fruit Juice **Day B**	19 **Walking Taco** Bread Slice Tater Tots Fresh Vegetable Banana **Day C**	20 **Meatball Sub** Steamed Carrots Fresh Vegetable Mixed Fruit **Day D**
23 **Chicken Nuggets** Bread Slice Steamed Peas Fresh Vegetable Pineapple Tidbits **Day E**	24 **Turkey & Cheese Sandwich** Baby Carrots Veggie Juice Applesauce Cup **Day F**	25 **No School** *Thanksgiving Recess*	26 Happy Thanks Giving **NO SCHOOL**	27 **NO SCHOOL**
30 **No School** *Thanksgiving Recess*	Being the Best ME I Can Be **Let someone know you're thankful for them.**			

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