

Sylvan Heights November 2023 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
			11/1 Chicken Corndog Nuggets Fries Fresh Vegetable 100% Fruit Juice	11/2 Walking Taco Bread Slice Steamed Corn Fresh Vegetable Banana	11/3 Cheese Pizza Steamed Mixed Veggies Fresh Vegetable Mixed Fruit
	11/6 Salisbury Steak 2 Bread Slices Fries w/Gravy Fresh Vegetable Pineapple Tidbits	11/7 Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Cup	11/8 Grilled Cheese Sandwich Steamed Corn Fresh Vegetable Apple Slices	11/9 Oven Roasted Turkey Dinner Roll Mashed Potatoes & Gravy Fresh Vegetable Mixed Fruit	11/10 No School
	11/13 Chicken Nuggets Bread Slice Steamed Broccoli Fresh Vegetable Pineapple Tidbits	11/14 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce	11/15 Sloppy Joe Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice	11/16 Turkey Hot Dog Baked Beans Fresh Vegetable Banana	11/17 Breaded Fish Sandwich Steamed Mixed Veggies Fresh Vegetable Mixed Fruit
	11/20 Spaghetti & Meatballs Bread Slice Steamed Carrots Fresh Vegetable Pineapple Tidbits	11/21 Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Cup	11/22 No School	11/23 No School	11/24 No School
	11/27 No School	11/28 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce	11/29 Chicken Corndog Nuggets Steamed Corn Fresh Vegetable 100% Fruit Juice	11/30 Popcorn Chicken Bread Slice Steamed Carrots Fresh Vegetable Banana	