

Sylvan Heights

November 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/3 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	11/4 No School Teacher In-service 	11/5 Good Ring Donut Applesauce 100% Fruit Juice Day B	11/6 Mini Waffles Apple Slices 100% Fruit Juice Day C	11/7 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day D
11/10 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day E	11/11 No School PARENT & TEACHER CONFERENCES 	11/12 Cinnamon Roll Applesauce 100% Fruit Juice Day F	11/13 Chocolate Frudel Apple Slices 100% Fruit Juice Day A	11/14 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day B
11/17 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day C	11/18 Zee Zee Bar Craisins 100% Fruit Juice Day D	11/19 Mini French Toast Applesauce 100% Fruit Juice Day E	11/20 Mini Strawberry Cream Cheese Bagels Apple Slices 100% Fruit Juice Day F	11/21 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day A
11/24 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	11/25 Benefit Bar Craisins 100% Fruit Juice Day C	11/26 No School	11/27 No School 	11/28 No School

Thanksgiving Break

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 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
11/3 Salisbury Steak Dinner Roll Mashed Potatoes & Gravy Fresh Vegetable Diced Peaches Day A	11/4 No School Teacher In-service 	11/5 Macaroni & Cheese Garlic Toast Steamed Carrots Fresh Vegetable 100% Fruit Juice Day B	11/6 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Banana Day C	11/7 Sloppy Joe Sandwich BBQ Baked Beans Fresh Vegetable Mixed Fruit Day D
11/10 Cheeseburger Fries Fresh Vegetable Pineapple Tidbits Day E	11/11 No School PARENT & TEACHER CONFERENCES 	11/12 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Apple Slices Day F	11/13 Oven Roasted Turkey Dinner Roll Mashed Potatoes & Gravy Green Beans Mixed Fruit Day A	11/14 Italian Dunkers Steamed Mixed Veggies Fresh Vegetable Diced Pears Day B
11/17 Chicken Corn Dog Nuggets Steamed Peas Fresh Vegetable Diced Peaches Day C	11/18 Chicken & Cheese Quesadilla Fries Fresh Vegetable Applesauce Day D	11/19 Breaded Chicken Sandwich Steamed Broccoli Fresh Vegetable 100% Fruit Juice Day E	11/20 Walking Taco Bread Slice Baked Vegetarian Beans Fresh Vegetable Banana Day F	11/21 Cheese Pizza Steamed Green Beans Fresh Vegetable Mixed Fruit Day A
11/24 Chicken Nuggets Dinner Roll Steamed Corn Fresh Vegetable Pineapple Tidbits Day B	11/25 Meatball Sub Steamed Carrots Fresh Vegetable 100% Fruit Juice Day C	11/26 No School	11/27 No School 	11/28 No School

Thanksgiving Break