

Sylvan Heights October 2024 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/30 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	10/1 Zee Zee Bar Diced Fruit in Juice 100% Fruit Juice Day C	10/2 French Toast Minis Apple Slices 100% Fruit Juice Day D	10/3 Strawberry Cream Cheese Mini Bagels Banana 100% Fruit Juice Day E	10/4 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day F
10/7 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	10/8 Grape Crescent Diced Fruit in Juice 100% Fruit Juice Day B	10/9 Mini Waffles Apple Slices 100% Fruit Juice Day C	10/10 Soft Filled Cinnamon Toast Crunch Bar Banana 100% Fruit Juice Day D	10/11 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day E
10/14 No School	10/15 Apple Frudel Diced Fruit in Juice 100% Fruit Juice Day F	10/16 Waffle Snaps Apple Slices 100% Fruit Juice Day A	10/17 Good Ring Donut Banana 100% Fruit Juice Day B	10/18 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day C
10/21 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day D	10/22 Pumpkin Roll Diced Fruit in Juice 100% Fruit Juice Day E	10/23 Soft Filled Cocoa Puff Bar Apple Slices 100% Fruit Juice Day F	10/24 Cherry Muffin Banana 100% Fruit Juice Day A	10/25 No School
10/28 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	10/29 Benefit Bar Diced Fruit in Juice 100% Fruit Juice Day C	10/30 Cinnamon Roll Apple Slices 100% Fruit Juice Day D	10/31 Cherry Frudel Banana 100% Fruit Juice Day E	

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 October 2024 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
	9/30 Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches Day B	10/1 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce Day C	10/2 Chicken Corn Dog Nuggets Steamed Corn Fresh Vegetable 100% Fruit Juice Day D	10/3 Lasagna Rollup Breadstick Steamed Broccoli Fresh Vegetable Banana Day E	10/4 Cheese Pizza Steamed Carrots Fresh Vegetable Mixed Fruit Day F
	10/7 Egg & Cheese Sandwich Tater Tots Fresh Vegetable Pineapple Tidbits Day A	10/8 Pasta & Meat Sauce Garlic Toast Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice Day B	10/9 BBQ Chicken Dunkers Baked Vegetarian Beans Fresh Vegetable Apple Slices Day C	10/10 Cheesy Bosco Sticks w/Marinara Sauce Steamed Corn Fresh Vegetable Mixed Fruit Day D	10/11 Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Day E
	10/14 No School	10/15 Breaded Chicken Sandwich Steamed Broccoli Fresh Vegetable Applesauce Day F	10/16 Meatball Sub Steamed Carrots Fresh Vegetable 100% Fruit Juice Day A	10/17 Walking Taco Bread Slice Steamed Cauliflower Fresh Vegetable Banana Day B	10/18 Pancakes Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit Day C
	10/21 Grilled Cheese Sandwich Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits Day D	10/22 Chicken Soft Tacos Steamed Carrots Fresh Vegetable 100% Fruit Juice Day E	10/23 Spaghetti & Meatballs Garlic Toast Steamed Green Beans Fresh Vegetable Apple Slices Day F	10/24 Hot Dog BBQ Baked Beans Fresh Vegetable Mixed Fruit Day A	10/25 No School
	10/28 Sloppy Joe Sandwich Steamed Cauliflower Fresh Vegetable Diced Peaches Day B	10/29 Cheeseburger Fries Fresh Vegetable Applesauce Day C	10/30 Macaroni & Cheese Steamed Carrots Fresh Vegetable 100% Fruit Juice Day D	10/31 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Banana Day E	