Sylvan Heights
Lunch Menu

October 2026

Fresh Eats CAFETERIA

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

Monday	Tuesday	Wednesday	Thursday	Friday
Being the Best ME I Can Be **Eat well, feel great, be amazing.**			1 **Breakfast Sandwich** Tater Tots Fresh Vegetable Mixed Fruit **Day A**	2 **Cheese Pizza** Steamed Corn Fresh Vegetable Diced Pears **Day B**
5 **Chicken Nuggets** Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches **Day C**	6 **Chicken Cheesesteak Sub** Tater Tots Fresh Vegetable Applesauce **Day D**	7 **Hot Turkey Sandwich** Mashed Potatoes Fresh Vegetable 100% Fruit Juice **Day E**	8 **Walking Taco** Bread Slice Steamed Broccoli Fresh Vegetable Banana **Day F**	9 **Meatball Sub** Steamed Carrots Fresh Vegetable Mixed Fruit **Day A**
12 **No School**	13 **French Toast Sticks Sausage Patties** Tater Tots Fresh Vegetable 100% Fruit Juice **Day B**	14 **Breaded Chicken Sandwich** Steamed Green Beans Fresh Vegetable Apple Slices **Day C**	15 **Grilled Cheese w/Tomato Soup** Baked Vegetarian Beans Fresh Vegetable Mixed Fruit **Day D**	16 **Chicken Tenders** Bread Slice Steamed Broccoli Fresh Vegetable Diced Pears **Day E**
19 **Cheeseburger** Fries Fresh Vegetable Diced Peaches **Day F**	20 **Chicken Quesadilla** Steamed Corn Fresh Vegetable Applesauce **Day A**	21 **Macaroni & Cheese** Steamed Carrots Fresh Vegetable 100% Fruit Juice **Day B**	22 **Cheesy Breadsticks w/Marinara Sauce** Steamed Mixed Veggies Fresh Vegetable Banana **Day C**	23 **Sloppy Joe Sandwich** Baked Beans Fresh Vegetable Mixed Fruit **Day D**
26 **Chicken Nuggets** Bread Slice Mashed Potatoes Fresh Vegetable Pineapple Tidbits **Day E**	27 **French Toast Sticks Sausage Patties** Tater Tots Fresh Vegetable 100% Fruit Juice **Day F**	28 **Loaded Beef & Cheese Fries** Fresh Vegetable Apple Slices **Day A**	29 **Walking Taco** Bread Slice Steamed Mixed Veggies Fresh Vegetable Mixed Fruit **Day B**	30 **Chicken Corn Dog Nuggets** Steamed Carrots Fresh Vegetable Diced Pears **Day C**

Daily Milk Options: Fat Free White | Fat Free Flavored | 1% White

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

The Nutrition Group

Sylvan Heights
Breakfast Menu

October 2026

Fresh Eats CAFETERIA

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Monday	Tuesday	Wednesday	Thursday	Friday
Being the Best ME I Can Be **Eat well, feel great, be amazing.**			1 **Donut Flower** Apple Slices 100% Fruit Juice Day A	2 **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice Day B
5 **Cereal Bowl** Breakfast Crackers Applesauce 100% Fruit Juice Day C	6 **Strawberry Pancake Puffs** Craisins 100% Fruit Juice Day D	7 **Mini Waffles** Applesauce 100% Fruit Juice Day E	8 **Zee Zee Bar** Apple Slices 100% Fruit Juice Day F	9 **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice Day A
12 **No School**	13 **Benefit Bar** Craisins 100% Fruit Juice Day B	14 **Cinnamon Roll** Applesauce 100% Fruit Juice Day C	15 **Apple Frudel** Apple Slices 100% Fruit Juice Day D	16 **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice Day E
19 **Cereal Bowl** Breakfast Crackers Applesauce 100% Fruit Juice Day F	20 **Goody Ring Donut** Craisins 100% Fruit Juice Day A	21 **French Toast Minis** Applesauce 100% Fruit Juice Day B	22 **Strawberry Cream Cheese Mini Bagels** Apple Slices 100% Fruit Juice Day C	23 **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice Day D
26 **Cereal Bowl** Breakfast Crackers Applesauce 100% Fruit Juice Day E	27 **Waffle Snaps** Craisins 100% Fruit Juice Day F	28 **Mini Pancakes** Applesauce 100% Fruit Juice Day A	29 **Soft Filled Cinnamon Toast Crunch Bar** Apple Slices 100% Fruit Juice Day B	30 **Cereal Bowl** Breakfast Crackers Banana 100% Fruit Juice Day C

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