

Sylvan Heights

October 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10/1 Soft Filled Cinnamon Toast Crunch Bar Applesauce 100% Fruit Juice Day D	10/2 Pull Apart Donut Flower Apple Slices 100% Fruit Juice Day E	10/3 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day F
10/6 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	10/7 Benefit Bar Craisins 100% Fruit Juice Day B	10/8 Cinnamon Roll Applesauce 100% Fruit Juice Day C	10/9 Chocolate Frudel Apple Slices 100% Fruit Juice Day D	10/10 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day E
10/13 No School <i>Teacher In-Service</i>	10/14 Zee Zee Bar Craisins 100% Fruit Juice Day F	10/15 Mini French Toast Applesauce 100% Fruit Juice Day A	10/16 Strawberry Cream Cheese Mini Bagels Apple Slices 100% Fruit Juice Day B	10/17 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day C
10/20 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day D	10/21 Chocolate Chip Muffin Craisins 100% Fruit Juice Day E	10/22 Benefit Bar Applesauce 100% Fruit Juice Day F	10/23 Mini Waffles Apple Slices 100% Fruit Juice Day A	10/24 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day B
10/27 No School <i>Teacher In-Service</i>	10/28 Apple Frudel Craisins 100% Fruit Juice Day C	10/29 Mini Pancakes Applesauce 100% Fruit Juice Day D	10/30 Goody Ring Donut Apple Slices 100% Fruit Juice Day E	10/31 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day F

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 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
		10/1 Breaded Chicken Sandwich Steamed Corn Fresh Vegetable Apple Slices Day D	10/2 Chicken Corn Dog Nuggets Steamed Carrots Fresh Vegetable Mixed Fruit Day E	10/3 Cheese Pizza Steamed Cauliflower Fresh Vegetable Diced Pears Day F
10/6 Bosco Cheese Sticks w/Marinara Sauce Fries Fresh Vegetable Diced Peaches Day A	10/7 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce Day B	10/8 Cheeseburger BBQ Baked Beans Fresh Vegetable 100% Fruit Juice Day C	10/9 Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana Day D	10/10 Meatball Sliders Steamed Carrots Fresh Vegetable Mixed Fruit Day E
10/13 No School Teacher In-Service	10/14 BBQ Chicken Dunkers Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice Day F	10/15 Pasta & Meat Sauce Garlic Toast Baked Vegetarian Beans Fresh Vegetable Apple Slices Day A	10/16 Breaded Chicken Sandwich Steamed Corn Fresh Vegetable Mixed Fruit Day B	10/17 Cheese Pizza Steamed Green Beans Fresh Vegetable Diced Pears Day C
10/20 Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches Day D	10/21 Meatball Sub Steamed Broccoli Fresh Vegetable Applesauce Day E	10/22 Breaded Chicken Parmesan Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice Day F	10/23 Walking Taco Bread Slice Steamed Cauliflower Fresh Vegetable Banana Day A	10/24 Pancakes Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit Day B
10/27 No School Teacher In-Service	10/28 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice Day C	10/29 Spaghetti & Meatballs Garlic Toast Steamed Green Beans Fresh Vegetable Apple Slices Day D	10/30 Turkey Hot Dog BBQ Baked Beans Fresh Vegetable Mixed Fruit Day E	10/31 Orange Chicken Bowl Steamed Carrots Fresh Vegetable Mandarin Oranges Day F