

# Sylvan Heights August/September 2023 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/28 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	8/29 Benefit Bar Assorted Fruit Cup 100% Fruit Juice	8/30 Cinnamon Roll Applesauce Cup 100% Fruit Juice	8/31 Breakfast Pastry Assorted Fruit Cup 100% Fruit Juice	9/1 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
9/4 No School	9/5 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	9/6 Breakfast Pastry Applesauce Cup 100% Fruit Juice	9/7 Cocoa Puff Bar Assorted Fruit Cup 100% Fruit Juice	9/8 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
9/11 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice	9/12 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	9/13 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	9/14 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	9/15 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
9/18 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	9/19 Goody Ring Assorted Fruit Cup 100% Fruit Juice	9/20 French Toast Minis Applesauce Cup 100% Fruit Juice	9/21 Cinnamon Toast Crunch Bar Assorted Fruit Cup 100% Fruit Juice	9/22 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
9/25 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	9/26 Benefit Bar Assorted Fruit Cup 100% Fruit Juice	9/27 Cinnamon Roll Applesauce Cup 100% Fruit Juice	9/28 Muffin Bar Assorted Fruit Cup 100% Fruit Juice	9/29 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice

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:  
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