

Sylvan Heights August & September 2023 Lunch Menu



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose 3, 4 or 5 food items from these 5 components:</p> <ul style="list-style-type: none"> Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk <p>Lunch must include at least one fruit or vegetable</p>	<p>8/28</p> <p>Chicken Nuggets Bread Slice Steamed Broccoli Fresh Vegetable Pineapple Tidbits</p>	<p>8/29</p> <p>Turkey Hot Dog Baked Beans Fresh Vegetable 100% Fruit Juice</p>	<p>8/30</p> <p>Chicken Corn Dog Nuggets Steamed Mixed Veggies Fresh Vegetable Apple Slices</p>	<p>8/31</p> <p>French Toast Chicken Sausage Patties Steamed Carrots Fresh Vegetable Mixed Fruit</p>	<p>9/1</p> <p>Turkey & Cheese Sandwich Baby Carrots Veggie Juice Diced Pears</p>
	<p>9/4</p> <p>No School</p>	<p>9/5</p> <p>Pierogies Bread Slice Sweet Potato Fries Fresh Vegetable Applesauce</p>	<p>9/6</p> <p>Beef & Cheese Fries Bread Slices Fresh Vegetable 100% Fruit Juice</p>	<p>9/7</p> <p>Breaded Fish Sandwich Steamed Corn Fresh Vegetable Banana</p>	<p>9/8</p> <p>Popcorn Chicken Bread Slice Steamed Cauliflower Fresh Vegetable Mixed Fruit</p>
<p>Vegetable Features A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:</p> <ul style="list-style-type: none"> * Dark Green * Red/Orange * Legumes * Starchy * Other 	<p>9/11</p> <p>Salisbury Steak Butter Noodles Mashed Potatoes & Gravy Fresh Vegetable Pineapple Tidbits</p>	<p>9/12</p> <p>Breaded Chicken Sandwich Sweet Potato Fries Fresh Vegetable 100% Fruit Juice</p>	<p>9/13</p> <p>Chicken Corn Dog Nuggets Steamed Green Beans Fresh Vegetable Apple Slices</p>	<p>9/14</p> <p>Waffles Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit</p>	<p>9/15</p> <p>No School</p>
<p>Fruit Features A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> * Fresh Fruits * Canned Fruits in light syrup * 100% Fruit Juice (offered twice/week) 	<p>9/18</p> <p>Italian Dunkers Marinara Sauce Steamed Peas Fresh Vegetable Diced Peaches</p>	<p>9/19</p> <p>Chicken & Cheese Quesadilla Steamed Cauliflower Fresh Vegetable Applesauce</p>	<p>9/20</p> <p>Chicken Nuggets Bread Slice Tater Tots Fresh Vegetable 100% Fruit Juice</p>	<p>9/21</p> <p>Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana</p>	<p>9/22</p> <p>Cheese Pizza Steamed Mixed Veggies Fresh Vegetable Mixed Fruit</p>
	<p>9/25</p> <p>Turkey & Cheese Sandwich Baby Carrots Veggie Juice Diced Pears</p>	<p>9/26</p> <p>Breaded Chicken Parmesan Sandwich Fries Fresh Vegetable 100% Fruit Juice</p>	<p>9/27</p> <p>Turkey & Cheese Sandwich Baby Carrots Veggie Juice Apple Slices</p>	<p>9/28</p> <p>Lasagna Roll up Garlic Toast Steamed Corn Fresh Vegetable Mixed Fruit</p>	<p>9/29</p> <p>Sloppy Joe Sandwich Steamed Green Beans Fresh Vegetable Diced Pears</p>
<p>Daily Milk Choices:</p> <ul style="list-style-type: none"> Fat Free Flavored Fat Free White Milk 1 % White Milk 					