


Sylvan Heights

September 2025 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/1 No School 	9/2 Benefit Bar Craisins 100% Fruit Juice Day B	9/3 Cinnamon Roll Applesauce 100% Fruit Juice Day C	9/4 Mini French Toast Apple Slices 100% Fruit Juice Day D	9/5 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day E
9/8 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day F	9/9 Zee Zee Bar Craisins 100% Fruit Juice Day A	9/10 Banana Muffin Flat Applesauce 100% Fruit Juice Day B	9/11 Cocoa Puff Bar Apple Slices 100% Fruit Juice Day C	9/12 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day D
9/15 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day E	9/16 Chocolate Chip Muffin Craisins 100% Fruit Juice Day F	9/17 Pancake Minis Applesauce 100% Fruit Juice Day A	9/18 Cinnamon Toast Crunch Bar Apple Slices 100% Fruit Juice Day B	9/19 No School Teacher In-Service
9/22 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day C	9/23 Apple Frudel Craisins 100% Fruit Juice Day D	9/24 Waffle Snaps Applesauce 100% Fruit Juice Day E	9/25 Goody Ring Donut Apple Slices 100% Fruit Juice Day F	9/26 Cereal Bar Breakfast Crackers Banana 100% Fruit Juice Day A
9/29 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	9/30 Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice Day C			

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

September 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
9/1 No School 	9/2 Grilled Cheese Sandwich Steamed Corn Fresh Vegetable 100% Fruit Juice Day B	9/3 Spaghetti & Meatballs Garlic Toast Steamed Green Beans Fresh Vegetable Apple Slices Day C	9/4 Turkey Hot Dog Baked Beans Fresh Vegetable Mixed Fruit Day D	9/5 Turkey & Cheese Hoagie Steamed Broccoli Fresh Vegetable Diced Pears Day E
9/8 Cheeseburger Fries Fresh Vegetable Diced Peaches Day F	9/9 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce Day A	9/10 Macaroni & Cheese Dinner Roll Steamed Carrots Fresh Vegetable 100% Fruit Juice Day B	9/11 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Banana Day C	9/12 Cheese Pizza Baked Beans Fresh Vegetable Mixed Fruit Day D
9/15 Salisbury Steak w/Bread Mashed Potatoes Fresh Vegetable Pineapple Tidbits Day E	9/16 Chicken Nuggets Bread Slice Steamed Broccoli Fresh Vegetable 100% Fruit Juice Day F	9/17 Breaded Chicken Sandwich Baked Beans Fresh Vegetable Apple Slices Day A	9/18 Waffles & Chicken Sausage Tater Tots Fresh Vegetable Mixed Fruit Day B	9/19 No School Teacher In-Service
9/22 Italian Dunkers Steamed Peas Fresh Vegetable Diced Peaches Day C	9/23 Chicken & Cheese Quesadilla Fries Fresh Vegetable Applesauce Day D	9/24 Beefy Macaroni w/Bread Steamed Green Beans Fresh Vegetable 100% Fruit Juice Day E	9/25 Walking Taco w/Bread Baked Vegetarian Beans Fresh Vegetable Banana Day F	9/26 Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit Day A
9/29 Steak & Cheese Sub Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits Day B	9/30 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice Day C			