

Sylvan Heights Science Charter School

March 2018 Lunch Menu

MENU SUBJECT TO CHANGE



What Makes a Meal?

Choose 3, 4 or 5 food items from these 5 Components:

Meat or Meat Alternate

Vegetable*

Fruit**

Grain/Bread



Vegetable Features*

Daily—Mixed Greens & Dressing

Monday—Dark Green Sub-group
 Tuesday—"Other" Sub-group
 Wednesday—Starchy Sub-group
 Thursday—Legumes Sub-group
 Friday—Red/Orange Sub-group

Fruit Features**

Monday—Fresh Fruit of the Day
 Tuesday—Fruit in Light Syrup
 Wednesday—100% Fruit Juice
 Thursday—Fresh Fruit of the Day
 Friday—Canned Fruit/Light Syrup



Daily Milk Choices

Fat Free Flavored

Fat Free and Low Fat Unflavored

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March				
5 Tuna Melt On Bun	6 Breakfast For Lunch	7 Chicken Nuggets Bread Slice	1 2 oz. Green Eggs w/ 2 Pancakes	2 Bagged Lunch
12 Chili Cheese Bowl w/ Tortilla Chips	13 Chicken Nuggets Bread Slice	14 Italian Dunkers	8 Walking Taco	9 Freshly Baked Pizza
19 Chicken Nuggets Bread Slice	20 Breaded Fish Sticks Bread Slice	21 Cold Cut Hoagie	15 Breaded Chicken Parmesan Sandwich	16 Grilled Cheese Sandwich
26 Philly Steak 'n Cheese	27 Breakfast For Lunch	28 Chicken Nuggets Bread Slice	22 Turkey, Mashed Potatoes, Green Beans, Dinner Roll Special Treat!	23 Fish Nuggets
			29 Grilled Chicken Patty Club	No School