









# Sylvan Heights Science Charter School

## December 2018 Lunch Menu

MENU SUBJECT TO CHANGE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What Makes a Meal?</b></p> <p>Choose 3, 4 or 5 food items from these 5 Components:</p> <ul style="list-style-type: none"> <li>Meat or Meat Alternate</li> <li>Vegetable*</li> <li>Fruit**</li> <li>Grain/Bread</li> </ul>	<p><b>Dec. 3</b></p> <p><b>Sloppy Joe Sandwich</b></p>	<p><b>Dec. 4</b></p> <p><b>Fish Sticks w/Sliced Bread</b></p>	<p><b>Dec. 5</b></p> <p><b>Spaghetti &amp; Meatballs w/Dinner Roll</b></p>	<p><b>Dec. 6</b></p> <p><b>(5) Chicken Rings w/ Sliced Bread</b></p>	<p><b>Dec. 7</b></p> <p><b>Cheese Pizza</b></p>
 <p><b>Vegetable Features*</b></p> <p>Daily— Mixed Greens &amp; Dressing</p> <p>Monday—Dark Green Sub-group            Tuesday—"Other" Sub-group            Wednesday—Starchy Sub-group            Thursday—Legumes Sub-group            Friday—Red/Orange Sub-group</p>	<p><b>Dec. 10</b></p> <p><b>Bacon Cheeseburger</b></p>	<p><b>Dec. 11</b></p> <p><b>Chicken Patty Sandwich</b></p>	<p><b>Dec. 12</b></p> <p><b>Pierogies &amp; Onions w/ Sliced Bread</b></p>	 <p><b>Dec. 13</b></p> <p><b>Oven Roasted Turkey Mashed Potatoes &amp; Gravy Steamed Corn &amp; Dinner</b></p>	<p><b>Dec. 14</b></p> <p><b>Cheese Pizza</b></p>
<p><b>Fruit Features**</b></p> <p>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</p>	<p><b>Dec. 17</b></p> <p><b>Meatball Hoagie w/ Cheese</b></p>	<p><b>Dec. 18</b></p> <p><b>Breakfast For Lunch</b></p>	<p><b>Dec. 19</b></p> <p><b>Chicken and Waffles</b></p>	<p><b>Dec. 20</b></p> <p><b>Hot Turkey and Cheese on a Pretzel Bun</b></p>	<p><b>Dec. 21</b></p> <p><b>Chef's Choice</b></p>
	<p><b>Dec. 24</b></p> 	<p><b>Dec. 25</b></p> 	<p><b>Dec. 26</b></p> 	<p><b>Dec. 27</b></p> 	<p><b>Dec. 28</b></p> 
 <p><b>Daily Milk Choices</b></p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	<p><b>Dec. 31</b></p> 