





Sylvan Heights Science Charter School

January 2019 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Jan. 1 	Jan. 2 	Jan. 3 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	Jan. 4 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
Jan. 7 Breakfast Pastry Fresh Apple Slices & 100% Juice	Jan. 8 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	Jan. 9 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	Jan. 10 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	Jan. 11 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
Jan. 14 Breakfast Pastry Fresh Apple Slices & 100% Juice	Jan. 15 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	Jan. 16 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	Jan. 17 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	Jan. 18 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
Jan. 21 	Jan. 22 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	Jan. 23 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	Jan. 24 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	Jan. 25 
Jan. 28 Breakfast Pastry Fresh Apple Slices & 100% Juice	Jan. 29 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	Jan. 30 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	Jan. 31 Managers Choice Mini Pancakes Pineapple Tidbits & 100% 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 and Low Fat Unflavored



Suggestions & Comments
Contact

Sharon Kidd, Director of Food Services
skidd@cdschools.org