








Sylvan Heights Science Charter School

January 2019 Lunch Menu

MENU SUBJECT TO CHANGE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What Makes a Meal?</p> <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 		<p>Jan. 1</p> 	<p>Jan. 2</p> 	<p>Jan. 3</p> <p>Cheesesteak Hoagie</p>	<p>Jan. 4</p> <p>Chicken nuggets WG Dinner roll</p>
 <p>Vegetable Features*</p> <p>Daily— Mixed Greens & 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>Jan. 7</p> <p>Sloppy Joe Sandwich</p>	<p>Jan. 8</p> <p>Fish Sticks w/ Sliced Bread</p>	<p>Jan. 9</p> <p>Spaghetti & Meatballs w/ Dinner Roll</p>	 <p>Jan. 10</p> <p>Chicken Rings w/ Sliced Bread</p>	<p>Jan. 11</p> <p>Corndog on a stick</p>
<p>Fruit Features**</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>Jan. 14</p> <p>Grilled Cheese and Tomato Soup</p>	<p>Jan. 15</p> <p>French Toast Sticks and Sausage</p>	<p>Jan. 16</p> <p>Chicken Pot Pie w/ Dinner Roll</p>	<p>Jan. 17</p> <p>Breaded Chicken Sliders</p>	<p>Jan. 18</p> <p>Hot Dog</p>
	<p>Jan. 21</p> 	<p>Jan. 22</p> <p>CD Burger</p>	<p>Jan. 23</p> <p>Turkey BLT Sandwich</p>	<p>Jan. 24</p> <p>Walking Tacos</p>	<p>Jan. 25</p> 
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	<p>Jan. 28</p> <p>Meatball Hoagie</p>	<p>Jan. 29</p> <p>Spicy Chicken Patty on WG roll</p>	<p>Jan. 30</p> <p>Cheese Pizza</p>	<p>Jan. 31</p> <p>Hot Turkey and Cheese on a Pretzel Bun</p>	