

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
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	