

Sylvan Heights Science Charter School

NOVEMBER 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
			11/1 Turkey Club Sandwich	11/2 Turkey Pretzel Dog
11/6 Sloppy Joe Sandwich	11/6 Bagged Lunch Turkey & Cheese Sandwich Veggie, Fruit, Milk	11/7 Spaghetti & Meatballs w/Dinner Roll	11/8 Chicken Rings w/Sliced Bread	11/9 Cheese Pizza
11/12 NO SCHOOL	11/13 Cheeseburger & Fries	11/14 Bean & Cheese Burrito	11/15 Spice Rubbed Turkey, Mashed Potatoes & Gravy Green Beans w/2 Dinner Rolls	11/16 Chicken Corn Noodle Soup w/Bread Stick and Crackers
11/19 Philly Cheese Steak Sandwich	11/20 Breakfast for Lunch French Toast Sticks and Sausage	11/21 Bagged Lunch Turkey & Cheese Sandwich Veggie, Fruit, Milk	11/22 NO SCHOOL	11/23 NO SCHOOL
11/26 NO SCHOOL	11/27 Chicken Nuggets w/Bread Slice	11/28 Macaroni & Cheese w/Dinner Roll	11/29 Breaded Chicken Sliders	11/30 Salisbury Steak w/Mashed Potatoes & Gravy and 2 Slices of Bread