

Sylvan Heights Science Charter School

May 2018 Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>What Makes a Meal?</u></p> <p>Choose 3, 4 or 5 food items from these 5 Components:</p> <p>Meat or Meat Alternate</p> <p>Vegetable*</p> <p>Fruit**</p> <p>Grain/Bread</p>		5/1 Grilled Cheese Sandwich	5/2 Chicken & Gravy over Biscuit	5/3 Walking Taco	5/4 Fajita Chicken Quesadilla
 <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>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>	5/7 Cheeseburger w/Turkey Bacon	5/8 Breakfast for Lunch French Toast & Chicken Sausage	5/9 Pasta & Meat Sauce served w/Garlic Bread	5/10 Breaded Chicken & Cheese Sandwich	5/11 Grilled Turkey & Cheese Sandwich
	5/14 Chicken Nuggets served w/Sliced Bread	5/15 Bagged Lunch Turkey & Cheese Sandwich Baby Carrots 100% Veggie Juice Apple Slices Milk	5/16 Homemade Chili served w/Dinner Roll	5/17 Breaded Chicken Patty Sandwich	5/18 Cheese Pizza
	5/21 Chicken Nuggets served w/Dinner Roll	5/22 Breakfast for Lunch French Toast & Chicken Sausage	5/23 Bagged Lunch Turkey & Cheese Sandwich Baby Carrots 100% Veggie Juice Apple Slices Milk	5/24 Bagged Lunch Chicken & Ranch Wrap Celery Sticks 100% Veggie Juice Banana Milk	5/25 Cheese Pizza
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	5/28 NO SCHOOL	5/29 Bagged Lunch Turkey & Cheese Sandwich Baby Carrots 100% Veggie Juice Apple Slices Milk	5/30 Bagged Lunch Chicken & Ranch Wrap Celery Sticks 100% Veggie Juice Banana Milk	5/31 Walking Taco	