

Sylvan Heights Science Charter School May & June 2017 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>May 1</p> <p>Sloppy Joe On a Roll Cheese Available</p>	<p>2</p> <p>Cold Cut Italian Sub Condiments</p>	<p>3</p> <p>Manager's Specialty Choice</p>	<p>4</p> <p>Potato Puff Bread Slice</p>	<p>5</p> <p>Super Duper Lunch Hero Surprise Manager's Choice & Treat</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>8</p> <p>Hot Dog On a Roll Condiments</p>	<p>9</p> <p>Spicy Chicken Patty On Bun Deluxe Style w/ Zesty Ranch Sauce</p>	<p>10</p> <p>Corn Dog Nuggets</p>	<p>11</p> <p>Our Own PIZZA</p>	<p>12</p> <p>Grilled Cheese Sandwich</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>15</p> <p>Hot Turkey & Cheese Pretzel Melt</p>	<p>16</p> <p>Buffalo Chicken Wrap</p>	<p>17</p> <p>Pizza Burger Marinara Sauce</p>	<p>18</p> <p>Walking Tacos</p>	<p>19</p> <p>Breaded Fish Sandwich</p>
	<p>22</p> <p>Saucy Meatball Hoagie w/ Mozzarella Cheese</p>	<p>23</p> <p>Breakfast For Lunch</p>	<p>24</p> <p>Bacon Cheese Burger</p>	<p>25</p> <p>Field Trip</p>	<p>26</p> <p>Field Trip</p>
	<p>29</p> <p>No School Memorial Day</p>	<p>30</p> <p>Field Trip</p>	<p>31</p> <p>Field Trip</p>	<p>June 1</p> <p>PIZZA PARTY!!!</p>	<p>2</p> <p>Hot Dog & Baked Beans</p>
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	<p>HAVE A FUN and SAFE SUMMER!!!</p>				