

Sylvan Heights Science Charter School February 2018 Grab 'n Go Breakfast



MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	2 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice
5 Breakfast Pastry Fresh Apple Slices & 100% Juice	6 Cereal Bowl Fortified Pro-Star Donut Cinnamon Crisps Chilled Peaches & 100% Juice	7 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	8 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	9 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
12 Breakfast Pastry Fresh Apple Slices & 100% Juice	13 Cereal Bowl Fortified Pro-Star Donut Jungle Crackers Chilled Peaches & 100% Juice	14 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	15 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	16 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice
	20 Cereal Bowl Fortified Pro-Star Donut Cinnamon Crisps Chilled Peaches & 100% Juice	21 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	22 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	23 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
26 Breakfast Pastry Fresh Apple Slices & 100% Juice	27 Cereal Bowl Fortified Pro-Star Donut Jungle Crackers Chilled Peaches & 100% Juice	28 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice		

What Makes a Breakfast Meal?

Breakfast includes these

Meal Components:

Grains Fruits Milk

Students with Free Eligibility may participate in both Breakfast & Lunch at no cost.



Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored



Suggestions & Comments
Contact

Sharon Kidd, Director of Food Services
skidd@cdschools.org