

Sylvan Heights Science Charter School

February 2018 Lunch Menu

MENU SUBJECT TO CHANGE



	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> <ul style="list-style-type: none"> Meat or Meat Alternate Vegetable* Fruit** Grain/Bread 				<p>1</p> <p>Chicken Pot Pie w/ Sliced Bread</p>	<p>2</p> <p>Freshly Baked Cheese Pizza Football Cookie 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>5</p> <p>Cold Cut Hoagie w/ Vegetable Soup</p>	<p>6</p> <p>Homemade Beef Stroganoff w/ noodles</p>	<p>7</p> <p>CDSB Specialty Burger</p>	<p>8</p> <p>Pizza Pasta Bake</p>	<p>9</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>12</p> <p>Bean & Cheese Burrito</p>	<p>13</p> <p>Meatball Hoagie</p>	<p>Happy Valentine's Day</p> <p>14</p> <p>Mac & Cheese Valentine Cake Pops</p>	<p>15</p> <p>Breaded Fish Sandwich</p>	<p>16</p> <p>Freshly Baked Pizza</p>
<p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>		<p>20</p> <p>Turkey Club Wrap</p>	<p>21</p> <p>Chicken Cheesesteak Sub</p>	<p>22</p> <p>Hot Dog Baked beans Condiments</p>	<p>23</p> <p>Freshly Baked Pizza</p>
	<p>26</p> <p>Fish Tacos</p>	<p>27</p> <p>Pizza Burger</p>	<p>28</p> <p>Grilled Cheese Sandwich</p>	<p><i>Happy</i></p> <p>VALENTINE'S</p> <p>»»» — DAY —>>></p>	