

Sylvan Heights Science Charter School

January 218 Lunch Menu

MENU SUBJECT TO CHANGE



<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>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>4</p> <p>Spaghetti & Meat Sauce</p>	<p>5</p> <p>Fresh Cheese Pizza</p>
 <p>Vegetable Features*</p> <p>Daily— Mixed Greens & Dressing</p>	<p>8</p> <p>Grilled Cheese & Tomato Soup</p>	<p>9</p> <p>Homemade Chili & Cornbread</p>	<p>10</p> <p>Corn Dog Nuggets</p>	<p>11</p> <p>Breaded Chicken Patty Sandwich</p>	<p>12</p> <p>Fish Nuggets</p>
<p>Monday—Dark Green Sub-group</p> <p>Tuesday—"Other" Sub-group</p> <p>Wednesday—Starchy Sub-group</p> <p>Thursday—Legumes Sub-group</p> <p>Friday—Red/Orange Sub-group</p>		<p>16</p> <p>Chicken Nuggets Bread Slice</p>	<p>17</p> <p>Sloppy Joe On A Bun</p>	<p>18</p> <p>Pierogies w/ Onions & Dinner Roll</p>	<p>19</p> <p>Tuna Melt On Pretzel Bun</p>
<p>Fruit Features**</p>	<p>22</p> <p>Philly Steak n' Cheese Hoagie</p>	<p>23</p> <p>Hot Turkey Sandwich w/ Gravy & Fries</p>	<p>24</p> <p>Corn Dog Nuggets</p>	<p>25</p> <p>Pepperoni & Cheese Stromboli</p>	<p>26</p> <p>Egg Salad Sandwich</p>
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	<p>29</p> <p>Fish Sticks & Fries</p>	<p>30</p> <p>Fresh Italian Dunkers</p>		<p>February 1</p> <p>Three Cheese Pasta Bake</p>	<p>2</p> <p>Grilled Cheese</p>