

Sylvan Heights Science Charter School

April 2018 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>2</p> <p>Grilled Cheese Tomato Soup</p>	<p>3</p> <p>Breaded Fish Sandwich</p>	<p>4</p> <p>Chicken & Waffles</p>	<p>5</p> <p>Walking Taco</p>	<p>6</p> <p>Cheese Pizza</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>9</p> <p>Pizza Pasta Bake</p>	<p>10</p> <p>Tuna Salad Sandwich</p>	<p>11</p> <p>Breakfast Sandwich</p>	<p>12</p> <p>Hot & Spicy Chicken Sandwich</p>	<p>13</p> <p>Cheese Pizza</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>16</p> <p>Chicken Nuggets Bread Slice</p>	<p>17</p> <p>Breakfast For Lunch</p>	<p>18</p> <p>Baked Macaroni & Cheese Dinner Roll</p>	<p>19</p> <p>Hot Dog On a Bun</p>	<p>20</p> <p>Hot Turkey Sandwich w/Gravy</p>
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	<p>23</p> <p>Salisbury Steak Dinner</p>	<p>24</p> <p>Breakfast for Lunch</p>	<p>25</p> <p>Meatball Hoagie</p>	<p>26</p> <p>Turkey & Cheese On a Pretzel Roll</p>	<p>27</p> <p>Cheeseburger On a Bun</p>
<p>30</p> <p>Chicken Nuggets Bread Slice</p>	  				