

Sylvan Heights Science Charter School

December 2017 Lunch Menu

MENU SUBJECT TO CHANGE



<u>What Makes a Meal?</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>4 Sloppy Joe On A Bun</p>	<p>5 Grilled Chicken Sandwich</p>	<p>6 Three Cheese Pasta Bake</p>	<p>7 Delicious Hot Dog</p>	<p>8 Grilled Cheese Sandwich</p>
 <p>Vegetable Features*</p>	<p>11 Meatball Hoagie</p>	<p>12 Holiday Dinner Turkey, Fruit Sauce, Mashed Potatoes, Gravy, Green Beans Holiday Treat</p>	<p>13 Fresh Cheesy Pizza</p>	<p>14 Turkey Club</p>	<p>15 Macaroni Goulash</p>
<p>Daily— Mixed Greens & Dressing</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>18 Chicken Nuggets Bread Slice</p>	<p>19 Chicken Pot Pie</p>	<p>20 Sweet & Sour Chicken</p>	<p>21 Fish & French Fries</p>	<p>22 Pizza Burger</p>
<p>Fruit Features**</p>					
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>					