

# Sylvan Heights Science Charter School

## November 2017 Lunch Menu

MENU SUBJECT TO CHANGE



<u>What Makes a Meal?</u> Choose 3, 4 or 5 food items from these 5 Components: Meat or Meat Alternate  Vegetable*  Fruit**  Grain/Bread	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Freshly Baked Cheese Pizza	2 Fish Sticks & French Fries	3 Chicken & Waffles Gravy
 <p><b>Vegetable Features*</b></p> <p>Daily— Mixed Greens &amp; Dressing</p>	6 Salisbury Steak w/ Gravy, Dinner Roll	7 Italian Cold Cut Sandwiches	8 Corn Dog Nuggets	9 Pork BBQ Sandwich	
<p>Monday—Dark Green Sub-group                      Tuesday—"Other" Sub-group                      Wednesday—Starchy Sub-group                      Thursday—Legumes Sub-group                      Friday—Red/Orange Sub-group</p>	13 Pierogies w/ Onions Dinner Roll	14 Turkey Dinner Mashed Potatoes, Stuffing, Corn, Gravy, Pumpkin Treat		16 Baked Macaroni & Cheese	17 Grilled Cheese Sandwiches
<p><b>Fruit Features**</b></p>	20 Homemade Beef Stroganoff w/ Noodles	21 Chicken Cheesesteak Sub			
 <p><b>Daily Milk Choices</b></p> <p>Fat Free Flavored                      Fat Free and Low Fat Unflavored</p>	27 Bagged Lunches	28 Buffalo Chicken Patty & Cheese Sandwich	29 Corn Dog Nuggets	30 Pulled Pork Sandwich	December 1 Tuna Salad Croissant