

Sylvan Heights Science Charter School

October 2017 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>2</p> <p>Sloppy Joe on Bun</p>	<p>3</p> <p>Roast Turkey w/ Stuffing & Gravy</p>	<p>4</p> <p>Cheese Pizza</p>	<p>5</p> <p>Crispy Buffalo Chicken Sandwich</p>	<p>SMILE DAY 😊</p> <p>6</p> <p>Fish Nuggets</p>
<p></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>Turkey & Cheese Sandwich</p>	<p>10</p> <p>Breakfast For Lunch</p>	<p>11</p> <p>Philly Cheesesteak</p>	<p>12</p> <p>Bologna & Cheese Sandwich</p>	<p>13</p> <p>Grilled Cheese</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>Meatball & Mozzarella Hoagie</p>	<p>17</p> <p>Turkey Salad Croissant</p>	<p>18</p> <p>Rodeo Burger</p>	<p>19</p> <p>Chicken Wrap</p>	<p>20</p> <p>Creamy Macaroni & Cheese w/ Dinner Roll</p>
<p></p> <p>Daily Milk Choices</p> <p>Fat Free Flavored Fat Free and Low Fat Unflavored</p>	<p>23</p> <p>Cold Cut Hoagie</p>	<p>24</p> <p>Wild West Cheeseburger</p>	<p>25</p> <p>Spaghetti & Meatballs Dinner Roll</p>	<p>26</p> <p>Walking Tacos</p>	<p>27</p> <p>Fish Sandwich</p>
	<p>30</p> <p>Chicken Nuggets</p>	<p>31</p> <p>Turkey & Cheese Melt</p>	<p>November 1</p> <p>Grilled Cheese</p>	<p>2</p> <p>Hamburger On Bun</p>	<p>3</p> <p>Cheese Pizza</p>