

# Sylvan Heights December 2023 Lunch Menu



## What Makes a Meal?

Choose 3, 4 or 5 food items from these 5 components:

- Meat or Meat Alternate
- Vegetable
- Fruit
- Grain/Bread
- Milk

Lunch must include at least one fruit or vegetable



## Vegetable Features

A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:

- \* **Dark Green**
- \* **Red/Orange**
- \* **Legumes**
- \* **Starchy**
- \* **Other**

## Fruit Features

A daily variety of fruits will be offered to students:

- \* **Fresh Fruits**
- \* **Canned Fruits in light syrup**
- \* **100% Fruit Juice (offered twice/week)**



## Daily Milk Choices:

- Fat Free Flavored
- Fat Free White Milk
- 1 % White Milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					12/1 Breaded Chicken Sliders Steamed Broccoli Fresh Vegetable Mixed Fruit
	12/4 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Pineapple Tidbits	12/5 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	12/6 Turkey & Cheese Hoagie Baby Carrots Veggie Juice Apple Slices	12/7 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit	12/8 Beef & Cheese Nachos Bread Slice Steamed Green Beans Fresh Vegetable Diced Pears
	12/11 Grilled Cheese Sandwich Steamed Mixed Veggies Fresh Vegetable Diced Peaches	12/12 Chicken Soft Tacos Steamed Peas Fresh Vegetable Applesauce	12/13 Meatball Hoagie Steamed Corn Fresh Vegetable 100% Fruit Juice	12/14 Oven Roast Turkey Dinner Roll Mashed Potatoes & Gravy Fresh Vegetable Diced Pears	12/15 Cheese Pizza Steamed Carrots Fresh Vegetable Mixed Fruit
	12/18 Cheeseburger Steamed Broccoli Fresh Vegetable Diced Peaches	12/19 Breaded Chicken Sandwich Tater Tots Fresh Vegetable Applesauce	12/20 Sloppy Joe Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice	12/21 Walking Taco Bread Slice Vegetarian Beans Fresh Vegetable Banana	12/22 Turkey & Cheese Hoagie Baby Carrots Veggie Juice Apple Slices
	12/25 No School	12/26 No School	12/27 No School	12/28 No School	12/29 No School