

Sylvan Heights February 2024 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2/1 Apple Roll Assorted Fruit Cup 100% Fruit Juice	2/2 No School
2/5 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	2/6 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	2/7 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	2/8 Cocoa Puff Bar Assorted Fruit Cup 100% Fruit Juice	2/9 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
2/12 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	2/13 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	2/14 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	2/15 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	2/16 No School
2/19 No School	2/20 Goody Ring Assorted Fruit Cup 100% Fruit Juice	2/21 French Toast Minis Applesauce Cup 100% Fruit Juice	2/22 Cinnamon Toast Crunch Bar Assorted Fruit Cup 100% Fruit Juice	2/23 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
2/26 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	2/27 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	2/28 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	2/29 Apple Roll Assorted Fruit Cup 100% Fruit Juice	

What Makes a Breakfast Meal?

Breakfast includes these meal components:

Grains Fruits Milk

Students with free eligibility may participate
in both breakfast & lunch at no cost.



GENERAL MILLS



Milk Choices Offered Daily

- Fat Free Flavored
- Fat Free White Milk
- Low Fat White Milk

Please contact Sharon Kidd, Senior Director of Food Services
with and questions, comments or concerns:
skidd@cdschools.org