Sylvan Heights Science Charter School
DECEMBER 2019 Grab 'n Go Breakfast

The Nutrition Group

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/2 NO SCHOOL	12/3 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	12/4 Ultra Bread Slice Fresh Ripe Banana 100% Fruit Juice	12/5 Mini Pancakes Assorted Fruit Cup 100% Fruit Juice	12/6 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice
12/9 Breakfast Pastry Fresh Apple Slices 100% Fruit Juice	12/10 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	12/11 Ultra Bread Slice Fresh Ripe Banana 100% Fruit Juice	12/12 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	12/13 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice
12/16 Breakfast Pastry Fresh Apple Slices 100% Fruit Juice	12/17 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	12/18 Ultra Bread Slice Fresh Ripe Banana 100% Fruit Juice	12/19 Mini Pancakes Assorted Fruit Cup 100% Fruit Juice	12/20 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice
12/23 NO SCHOOL	12/24 NO SCHOOL	12/25 NO SCHOOL	12/26 NO SCHOOL	12/27 NO SCHOOL
12/30 NO SCHOOL	12/31 NO SCHOOL			

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.

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