Sylvan Heights Science Charter School
DECEMBER 2019 Lunch Menu

The Nutrition Group

MENU SUBJECT TO CHANGE

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
12/2 NO SCHOOL	12/3 Breakfast for Lunch French Toast Sticks Chicken Sausage Tater Tots 100% Fruit Juice	12/4 Cheese Pizza Side Caesar Salad Banana	12/5 Walking Taco Steamed Corn Chilled Pears	12/6 Chicken Cheesesteak Hoagie Steamed Carrots Mandarin Oranges
12/9 Chicken Nuggets w/Dinner Roll Steamed Green Beans Chilled Mixed Fruit	12/10 Grilled Cheese & Tomato Soup BBQ Baked Beans Orange Wedges	12/11 Fish Sticks w/Bread Slice Scalloped Potatoes Apple Slices	12/12 Roasted Turkey Mashed Potatoes & Gravy Steamed Corn Chilled Mixed Fruit Dinner Roll	12/13 Chicken Corn Dog Nuggets Steamed Broccoli Chilled Pineapple Tidbits
12/16 Homemade Chili w/Dinner Roll Steamed Carrots Chilled Peaches	12/17 Cheeseburger Creamy Coleslaw Apple Crisp	12/18 Pizza Pasta Bake Side Romaine Salad Banana	12/19 Breaded Chicken Patty Sandwich Roasted Garbanzo Beans Mandarin Oranges	12/20 Pierogies w/Bread Slice Steamed Peas Apple Slices
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			