

Sylvan Heights December 2023 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12/1 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
12/4 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	12/5 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	12/6 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	12/7 Cocoa Puff Bar Assorted Fruit Cup 100% Fruit Juice	12/8 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
12/11 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	12/12 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	12/13 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	12/14 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	12/15 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
12/18 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	12/19 Goody Ring Assorted Fruit Cup 100% Fruit Juice	12/20 French Toast Minis Applesauce Cup 100% Fruit Juice	12/21 Cinnamon Toast Crunch Bar Assorted Fruit Cup 100% Fruit Juice	12/22 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
12/25 No School	12/26 No School	12/27 No School	12/28 No School	12/29 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.



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