

# Sylvan Heights February 2024 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
				2/1 Lasagna Rollup Garlic Toast Steamed Corn Fresh Vegetable Mixed Fruit	2/2  No School
	2/5 Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Diced Peaches	2/6 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce	2/7 Chicken Corn Dog Nuggets Mashed Potatoes w/Gravy Fresh Vegetable 100% Fruit Juice	2/8 Grilled Cheese Sandwich Steamed Carrots Fresh Vegetable Banana	2/9 Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit
	2/12 Egg & Cheese Breakfast Sandwich Tater Tots Fresh Vegetable Pineapple Tidbits	2/13 Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice	2/14 Italian Dunkers w/Marinara Sauce Baked Beans Fresh Vegetable Apple Slices	2/15 EARLY DISMISSAL Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Cup	2/16  No School
	2/19 No School	2/20 Chicken Soft Tacos Steamed Corn Fresh Vegetable Applesauce	2/21 Chicken Corn Dog Nuggets Fries Fresh Vegetable 100% Fruit Juice	2/22 Walking Taco Bread Slice Steamed Carrots Fresh Vegetable Banana	2/23 Pancakes Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit
	2/26 Chicken Nuggets Bread Slice Steamed Broccoli Fresh Vegetable Pineapple Tidbits	2/27 Sloppy Joe Sandwich Tater Tots Fresh Vegetable 100% Fruit Juice	2/28 Meatball Sub Steamed Mixed Veggies Fresh Vegetable Apple Slices	2/29 Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable Mixed Fruit	