

Sylvan Heights November 2023 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1 Cinnamon Roll Applesauce Cup 100% Fruit Juice	11/2 Apple Roll Assorted Fruit Cup 100% Fruit Juice	11/3 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
11/6 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	11/7 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	11/8 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	11/9 Cocoa Puff Bar Assorted Fruit Cup 100% Fruit Juice	11/10 No School
11/13 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	11/14 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	11/15 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	11/16 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	11/17 Cereal Bowl Jungle Crackers Fresh Ripe Banana 100% Fruit Juice
11/20 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	11/21 Goody Ring Assorted Fruit Cup 100% Fruit Juice	11/22 No School	11/23 No School	11/24 No School
11/27 No School	11/28 Benefit Bar Assorted Fruit Cup 100% Fruit Juice	11/29 Cinnamon Roll Applesauce Cup 100% Fruit Juice	11/30 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