



LUNCH

OCTOBER 2026

Sylvan Elementary

Alamance-Burlington School System



Monday

Tuesday

Wednesday

Thursday

Friday

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

CHICKEN POPCORN 250 cal
 Mini Corn Dogs 250 cal
 Juicy Juice Orange Medley 50 cal
 Home-style Green Beans 19 cal
 Strawberry Cup 80 cal

13

CHICKEN FILLET SANDWICH 340 cal
 Chicken Fillet Spicy Sandwich 340 cal
 Spaghetti w/ Meat Sauce 416 cal
 Fresh Garden Salad 13 cal
 Hot Buttered Corn 74 cal
 Assorted Fresh Fruit 384 cal

14

MAC AND CHEESE 296 cal
 Chicken Cheezy Hotz 199 cal
 Chicken Chunks Gold Creek 191 cal
 Broccoli Roasted 20 cal
 Sidekicks Sunbelieve Smoothie 90 cal
 Sidekicks Tropicool Smoothie 70 cal
 Applesauce Cup 60 cal

15

ALL BEEF HOT DOG 290 cal
 Tony's French Bread 330 cal
 Baked Beans 150 cal
 Potato Wedges 120 cal
 Peach Cobbler 317 cal

16

NARDONE'S CHEESE PIZZA 336 cal
 Nardone's Pepperoni Pizza 310 cal
 Yogurt Snack Pack 325 cal
 Seasoned Carrots 35 cal
 Creamy Mashed Potatoes 37 cal
 Assorted Fresh Fruit 384 cal

19

CHICKEN CHUNKS GOLD CREEK 191 cal
 Yogurt Snack Pack 325 cal
 Baked Beans 150 cal
 Sweet Potato Waffle Fries 142 cal
 Assorted Fresh Fruit 384 cal

20

CHEESEBURGER 390 cal
 Tony's French Bread 330 cal
 Roasted California Blend 30 cal
 Potato Wedges 120 cal
 Sliced Peaches 60 cal

21

CHICKEN FILLET SANDWICH 340 cal
 Chicken Fillet Spicy Sandwich 340 cal
 Beef Dippers 206 cal
 Roll Baked 1 oz 70 cal
 Sidekicks Sunbelieve Smoothie 90 cal
 Sidekicks Tropicool Smoothie 70 cal
 Broccoli Roasted 20 cal
 Applesauce Cup 60 cal

22

CHICKEN PIE 181 cal
 Roll Baked 1 oz 70 cal
 Nardone's Cheese Pizza 336 cal
 Nardone's Pepperoni Pizza 310 cal
 Creamy Mashed Potatoes 74 cal
 Home-style Green Beans 19 cal
 Assorted Fresh Fruit 384 cal

23

BEEF NACHOS 316 cal
 Yogurt Snack Pack 325 cal
 Juicy Juice Orange Medley 50 cal
 Crispy Tater Tots 90 cal
 Sliced Pears 63 cal

26

No menu published

27

CHICKEN POPCORN 250 cal
 Nardone's Cheese Pizza 336 cal
 Nardone's Pepperoni Pizza 310 cal
 Home-style Green Beans 19 cal
 Juicy Juice Orange Medley 50 cal
 Sliced Peaches 60 cal

28

WALKING TACO W/DORITOS 348 cal
 Yogurt Snack Pack 325 cal
 Hot Buttered Corn 74 cal
 Pinto Beans 158 cal
 Pineapple Tidbits 80 cal

29

CHICKEN CHUNKS GOLD CREEK 191 cal
 BLT Turkey Salad 257 cal
 Goldfish Crackers - Colors 100 cal
 Cool Tropics Berry Blue 60 cal
 Cool Tropics Tropical Trio 80 cal
 Sweet Potato Waffle Fries 90 cal
 Sliced Pears 63 cal

30

CHEESEBURGER 390 cal
 Stuffed Crust Cheese Pizza 310 cal
 Stuffed Crust Pepperoni Pizza 330 cal
 Crispy Tater Tots 90 cal
 Baby Carrots 24 cal
 Strawberry Cup 80 cal

Served every day:

Skim Milk 1% Milk Chocolate Milk

Menu data from Alamance-Burlington School System, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Alamance-Burlington School System publishes them.