

Sylvania Schools Elementary Spring 2017 Menu



PRICES

BREAKFAST
 Regular \$1.75
 Reduced \$.30
 Adults \$2.25
 Milk \$.50

LUNCH
ELEMENTARY
 Regular \$2.75
 Reduced \$.40
 Adults \$3.50
 Milk \$.50



Like Sylvania Schools Food Service Page on Facebook for more info!

- Don't forget, parents are able to prepay for student meals using on-line payments at MySchoolBucks.com. **PLEASE NOTE: We will never turn away a student requesting a meal in our food lines. We will charge the meal, feed the student and settle with parents at a later date. Be assured, no child will go hungry in Sylvania Schools!**
- Free & Reduced Applications are available at any of the school offices. **For the quickest processing, go to www.sylvania.heartlandapps.com.**
- **Reminder, if you receive free lunches daily and your school serves breakfast, you may eat a free, healthy breakfast every morning!**
- For questions or comments please contact Joe Shamy, Food Service Director at 419-824-8511 or jshamy@sylvaniaschools.org.

Meals Offered Daily
 Hummus served with fresh dipping vegetables, fruit, pita bread, and milk. Hummus a la carte \$2.50

Soy nut butter and jelly sandwich with fruit, veggie and milk (sandwich a la carte \$2.50)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Chicken Fries or Bosco Stix	Walking Taco or Fruit Dippers Yogurt	Mac-n-Cheese or Baked Chicken Drumstick	Lasagna Roll-up or Popcorn Chicken	Pepperoni or Cheese Pizza or Garden Salad
	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #2	Cheeseburger or Pizza Fiestada	Dutch Waffle and Sausage or Mini Corn Dogs	Grilled Cheese & Tomato Soup or Chicken Fries	Beef and Cheese Nachos or Soft Pretzel	Pepperoni or Cheese Pizza or Garden Salad
	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #3	Mac-n-Cheese or Cheese-filled Bread w/ marinara	Tacos or Mini Corn Dogs	French Toast Sticks & Turkey Sausage or Fish Sticks	Popcorn Chicken or Salisbury Steak	Pepperoni or Cheese Pizza or Garden Salad
	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #4	Mini Cheeseburgers Or Pizza Fiestada	Cheese Omelet & Hashbrown Or Chicken Patty	Grilled Cheese & Tomato Soup or Hot Dogs	Baked Chicken Drumstick or Soft Pretzel	Pepperoni or Cheese Pizza or Garden Salad
	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

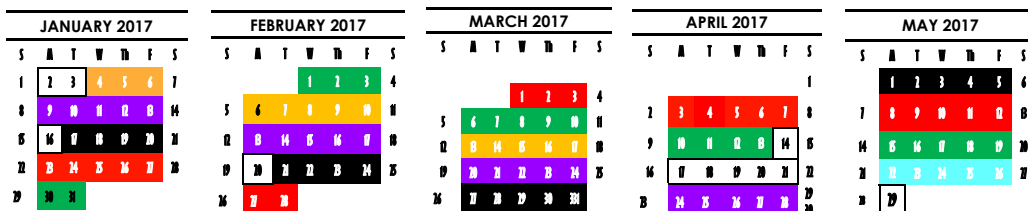
MENU #5	Chicken Fries Or Mac-n-Cheese	Walking Taco or Mini Corn Dogs	Teriyaki Chicken or Cheese-filled Bread w/ marinara sauce	Popcorn Chicken or Fish Sticks	Pepperoni or Cheese Pizza or Garden Salad
	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk	Variety of fresh fruits & vegetables Chocolate, Strawberry or White Milk
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

Breakfast is not served at Central Trail or Highland.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST MENU	Choice of assorted whole grain cereals, pancakes, or Pop Tarts daily. Assorted fruits & choice of milk	Choice of assorted whole grain cereals, pancakes, or Pop Tarts daily. Assorted fruits & choice of milk	Choice of assorted whole grain cereals, pancakes, or Pop Tarts daily. Assorted fruits & choice of milk	Choice of assorted whole grain cereals, pancakes, or Pop Tarts daily. Assorted fruits & choice of milk	Choice of assorted whole grain cereals, pancakes, or Pop Tarts daily. Assorted fruits & choice of milk

Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu. The last 5 days of school are manager's choice. Menu options for these days will be posted online in advance.

USDA is an equal opportunity provider and employer. We do not discriminate on the basis of race, color, national origin, sex, religion, age or disability in the employment or the provision of services.



2016-2017 Late Start Days:
 Sept 22., Oct 25., Dec 7.,
 Jan 26, Feb., 15, Mar 14.,
 and May 18

Manager's choice

Menu may change at manager's discretion due to food supply.