

WILDCATS

LIGHTER OFFERINGS

Chef Salad — Lettuce, carrots, red cabbage topped with cheese, tomato, cucumber, ham, turkey, egg & your choice of dressing. Served with fruit, bread, and choice of milk. \$3.00
Chef Salad a la carte \$2.75

Garden Salad — Lettuce, carrots, red cabbage topped with cheese, tomato, cucumber, chick peas and your choice of dressing. Served with fruit, bread, & choice of milk. \$3.00
Garden Salad a la Carte \$2.75

Greek Salad — Lettuce, carrots, red cabbage topped with feta cheese, tomato, cucumber, pepperoncini's and your choice of dressing. Served with fruit, bread, & choice of milk. \$3.00
Greek Salad a la carte \$2.75

Turkey/Ham Wrap or Sandwich — Shaved turkey or ham with lettuce, tomato, and cheese wrapped in an 8 inch whole grain tortilla shell or on whole grain white bread. Served with choice of vegetable, fruit, milk and a pack of ranch or mayo. \$3.00
Turkey Wrap or Sandwich a la Carte \$2.50

Barry's Bagel Meal — Fresh Barry Bagel with cream cheese, yogurt, choice of vegetable, fruit and milk. \$3.00
Bagel & Cream Cheese a la Carte \$2.00

The Beirut Hummus Meal — The one! The only! Beirut Hummus, veggies for dipping, grilled pita bread, fruit and milk. \$3.00
Hummus only a la Carte \$2.25

Reduced and Adult Pricing

Student Reduced Full Breakfast - \$.30

Student Reduced Full Lunch - \$.40

Adult Full Breakfast - \$2.25

Adult Full Lunch - \$3.50

All Adult a la Carte prices are the same as Student a la Carte

Any questions or concerns please email Joe Shamy at jshamy@sylvaniaschools.org.

All Reimbursable Full Price Meals - \$3.00

BREAKFAST (7:00 AM -8:15 AM)

Sausage or Ham, Egg and Cheese

Muffin Sausage or ham, egg and cheddar cheese served on an English muffin with your choice of fruit or juice and milk. \$1.75
Breakfast Muffin a la Carte \$1.50

Mini Pancakes — One serving of pancakes offered with syrup and served with your choice of fruit or juice and milk. \$1.75
Pancakes with Syrup a la Carte \$1.50

I'm CEREAL! — No Joking! Choose two bowls from our wide variety of popular cereals served with your choice of fruit or juice and milk. \$1.75
Cereal only a la Carte \$1.50 per bowl

Breakfast Pizza — Egg, cheese and a variety of toppings on a pizza crust served with your choice of fruit or juice and milk. \$1.75
Pizza a la Carte \$1.50

Barry Good Breakfast — Fresh Barry Bagel with cream cheese served with your choice of fruit or juice and milk. \$1.75
BREAKFAST ONLY PRICING

A la Carte Pricing

French Fries - **\$1.00** Baked Potato - **\$1.00**

Fruit - **75¢** Vegetable - **75¢** Bread - **75¢**

Cream Cheese - **25¢** Condiment Packets - **10¢**

Syrup - **25¢** Yogurt - **\$1.00** Sour Cream - **25¢** Cheese - **25¢**

Sidekick Slushy - **75¢** Frozen yogurt (4OZ) - **\$1.50**

Chips - **75¢** Dressing packet.- Small—**10¢**, Large—**25¢**

A la Carte Drink Pricing

Milk - **50¢** Large Juice **\$1.00** Small Juice - **50¢**

Bottled Water - **60¢** All other drinks - **\$1.00 & \$2.00**

Hot Stuff

Mosaic Coffee—**\$1.00**

Hot Chocolate—**\$1.00**

Hot Premium Tea—**\$1.00**

WILDCATS

Mondays

Taco Salad— Taco shell bowl with taco meat, cheese, tomatoes, lettuce, and a side of sour cream. Salsa and/or packet of dressing offered. Served with your choice of fruit and milk. \$3.00 **Taco Salad a la Carte \$2.75**

Walking Taco — We take one bag of Nacho Cheese Doritos and add taco meat, cheese, beans, tomatoes, lettuce, and a side of sour cream. Served with your choice of fruit and milk. (For speed of service, please promptly tell the server of any items that need to be left off.) \$3.00 **Walking Taco a la Carte \$2.50**

Mini Corn Dogs – Mini chicken corn dogs served with choice of vegetable, fruit and milk. \$3.00 **Corn Dogs a la Carte \$2.50**

Tuesdays

Buffalo Chicken Sub – Chicken tossed Frank's buffalo sauce with shredded lettuce on a grilled sub bun and a pack of ranch dressing to cool things down! Served with choice of vegetable, fruit and milk. \$3.00 **Sub a la Carte \$2.50**

Teriyaki Chicken — We mix teriyaki chicken with green peppers, red peppers, and onion and serve on a bed of rice with choice of fruit & milk. \$3.00 **Chicken a la Carte \$2.50**

Wednesdays

Dad and Carol's Mashed Potato Stack — Enjoy this stacked GOODNESS! We put popcorn chicken over mashed potatoes with corn, gravy, and cheese. Served with bread, fruit & milk. \$3.00 **Stack a la Carte \$2.50**

Chicken Cordon Bleu or Italian Chicken Sandwich — Chicken patty topped with ham and Swiss cheese or Chicken patty with red sauce and topped with a sprinkle of mozzarella cheese. Served with vegetable, fruit & milk. \$3.00 **Sandwich a la Carte \$2.50**

Thursdays

Godfather Meatball Sub — This is an offer you can't refuse, meatballs in a red sauce and mozzarella cheese on a sub bun, choice of vegetable, fruit & milk. \$3.00 **Sub a la Carte \$2.50**

Grilled Cheese and Tomato Soup – Your favorite grilled cheese served with a hot bowl of tomato soup! Also served with baby carrots, fruit and milk. \$3.00 **Grilled Cheese a la Carte \$2.50, Tomato Soup \$1.50**

Fridays

Mac-n-Cheese — **Get your comfort food here!** Macaroni with a creamy cheddar cheese sauce. Served with vegetable, fruit & milk. \$3.00 **Mac-n-Cheese a la Carte \$2.50**

Chicken Drumstick — Everyone gets a drumstick! Served with bread, choice of vegetable, fruit & milk. \$3.00 **Drumstick a la Carte \$2.50**

DAILY OPTIONS

Cheese or Pepperoni Pizza with choice of vegetable, fruit & milk. \$3.00 **Pizza a la Carte \$1.75**

Additional slices with purchase of a full meal only \$1.25 each (Limit 2 additional pieces at the reduced price, first trip only.)

Any questions or concerns please email Joe Shamy at jshamy@sylvaniaschools.org.

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.



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Food Service Page on
Facebook for more info!

COUGARS

SALADS AND SUCH

Chef Salad — Lettuce, carrots, red cabbage topped with cheese, tomato, cucumber, ham, turkey, egg & your choice of dressing. Served with fruit, bread, and choice of milk. \$3.00
Chef Salad a la carte \$2.75

Garden Salad — Lettuce, carrots, red cabbage topped with cheese, tomato, cucumber, chick peas and your choice of dressing. Served with fruit, bread, & choice of milk. \$3.00
Garden Salad a la Carte \$2.75

Greek Salad — Lettuce, carrots, red cabbage topped with feta cheese, tomato, cucumber, pepperoncini's and 1 large pack of your choice of dressing. Served with fruit, bread, & choice of milk. \$3.00
Greek Salad a la carte \$2.75

Turkey/Ham Wrap or Sandwich — Shaved turkey or ham with lettuce and cheese wrapped in an 8 inch whole grain tortilla shell or on whole grain white bread. Served with choice of vegetable, fruit, milk and a pack of ranch or mayo. \$3.00
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Pancakes with Syrup a la Carte \$1.50

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Pizza a la Carte \$1.50

Barry Good Breakfast— Fresh Barry Bagel with cream cheese served with your choice of fruit or juice and milk. \$1.75
BREAKFAST ONLY PRICING

A la Carte Pricing

French Fries - **\$1.00** Baked Potato - **\$1.00**

Fruit - **75¢** Vegetable - **75¢** Bread - **75¢**

Cream Cheese - **25¢** Condiment Packets - **10¢**

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Sidekicks Slushy - **75¢** Frozen yogurt (4OZ) - **\$1.50**

Chips - **75¢** Dressing packet.- Small—**10¢**, Large—**25¢**

A la Carte Drink Pricing

Milk - **50¢** Large Juice **\$1.00** Small Juice - **50¢**

Bottled Water - **60¢** Other drinks - **\$1.00** and **\$2.00**

Hot Stuff

Mosaic Coffee—**\$1.00**

Hot Chocolate—**\$1.00**

Hot Premium Tea—**\$1.00**

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COUGARS

Mondays

Taco Salad— Taco shell bowl with taco meat, cheese, tomatoes, lettuce, and a side of sour cream. Salsa and/or packet of dressing offered. Served with your choice of fruit and milk. \$3.00 **Taco Salad a la Carte \$2.75**

Walking Taco — We take one bag of Nacho Cheese Doritos and add taco meat, cheese, beans, tomatoes, lettuce, and a side of sour cream. Served with your choice of fruit and milk. (For speed of service, please promptly tell the server of any items that need to be left off.) \$3.00 **Walking Taco a la Carte \$2.50**

Tacos or Chicken Fajitas — Lightly spiced chicken strips served with a tortilla, cheese, tomatoes, lettuce, and a side of sour cream. Served with your choice of fruit and milk. \$3.00 **Chicken Fajitas a la Carte \$2.50**

Tuesdays

Buffalo Chicken Sub – Chicken tossed Frank's buffalo sauce with shredded lettuce on a grilled sub bun and a pack of ranch dressing to cool things down! Served with choice of vegetable, fruit and milk. \$3.00 **Sub a la Carte \$2.50**

Teriyaki or Orange Chicken — We mix teriyaki or orange chicken with green peppers, red peppers, and onion and serve on a bed of rice with choice of fruit & milk. \$3.00 **Chicken a la Carte \$2.50**

Wednesdays

Dad and Carol's Mashed Potato Stack — Enjoy this stacked GOODNESS! We put popcorn chicken over mashed potatoes with corn, gravy, and cheese. Served with bread, fruit & milk. \$3.00 **Stack a la Carte \$2.50**

Chicken Drumstick Dinner— Chicken Drumstick selection served with bread, choice of vegetable, fruit & milk. \$3.00 **Chicken a la Carte \$2.50**

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Thursdays

Godfather Meatball Sub — This is an offer you can't refuse, meatballs in a red sauce and mozzarella cheese on a sub bun, choice of vegetable, fruit & milk. \$3.00 **Sub a la Carte \$2.50**

Grilled Cheese and Tomato Soup or Chili— Your favorite grilled cheese served with a hot bowl of tomato soup or chili! Also served with baby carrots, fruit and milk. \$3.00 **Grilled Cheese a la Carte \$2.50, Tomato Soup or Chili \$1.50**

Fridays

Mac-n-Cheese — **Get your comfort food here!** Macaroni with a creamy cheddar cheese sauce. Served with vegetable, fruit & milk. \$3.00 **Mac-n-Cheese a la Carte \$2.50**

Chicken Patty – Chicken patty on a bun with choice of vegetable, fruit & milk. \$3.00 **Sandwich a la Carte \$2.50**

Hamburger/Cheeseburger – Burger with fries, fruit & milk. \$3.00 **Sandwich a la Carte \$2.50**

DAILY OPTIONS

Cheese or Pepperoni Pizza with choice of vegetable, fruit & milk. \$3.00 **Pizza a la Carte \$1.75**

Additional slices with purchase of a full meal only \$1.25 each (Limit 2 additional pieces at the reduced price, first trip only.)

Sandwich of the Day – with choice of vegetable, fruit & milk. \$3.00 **Sandwich a la Carte \$2.50**

Options vary. They may include: Soy Butter & Jelly, Turkey, Ham, Egg Salad, and Tuna.



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Revised 8-1-16