

**Please scroll down
to find your
school menu!**



Central Trail Elementary School JAN - MAY 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Ravioli Or Mac & Cheese Corn Mixed fruit	French Toast Sticks w/Chicken Sausage Or Omelet w/Chicken Sausage Hash Browns Juice	Cheeseburger Or Hot Dog Tater Togs Peaches	Chicken Queso Nachos Or Queso Mac & Cheese Refried Beans Pears	Pepperoni or Cheese Pizza Garden Salad Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #2	Spaghetti w/Meatballs Or Chicken Soft Tacos Green Beans Peaches	Walking Taco Or Corn Dog Refried Beans Sliced Apples	Grilled Cheese Or Popcorn Chicken Tomato Soup Pears	Dutch Waffle w/Chicken Sausage Or Mozzarella Stick w/ Marinara Corn Juice	Pepperoni or Cheese Pizza Garden Salad Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #3	Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Carrots Slice Apples	Beef & Cheese Nachos Or Pretzel w/Cheese Corn Juice	Salisbury Steak or Honey BBQ Riblets Mashed Potatoes Mixed Fruit	Sloppy Joe Or Chicken Patty on a Bun Baked Beans Peaches	Pepperoni or Cheese Pizza Garden Salad Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #4	Homestyle Chicken Noodle Soup Or Mac & Cheese Corn Mixed Fruit	French Toast Sticks w/Chicken Sausage Or Chicken Nuggets Green Beans Juice	Cheeseburger Or Hot Dog Baked Beans Peaches	Beef & Noodles Or Chicken Bowl Mashed Potatoes Corn Sliced Apples	Pepperoni or Cheese Pizza Garden Salad Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #5	Pretzel w/Cheese Or Popcorn Chicken Green Beans Pears	Walking Taco Or Corn Dog Refried Beans Sliced Apples	Grilled Cheese Or Popcorn Chicken Tomato Soup Mixed Fruit	Broccoli Cheese Soup w/Breadstick Or Cheesy Bread w/ Marinara Corn Pears	Pepperoni or Cheese Pizza Garden Salad Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
S A T W T F S 1 2 3 4 #4 5 6 7 8 9 10 #5 11 12 13 14 15 16 #1 17 18 19 20 21 22 #2 23 24 25 26 27 28	S A T W T F S 1 2 3 4 5 6 7 8 #3 9 10 11 12 13 14 15 #4 16 17 18 19 20 21 22 #5 23 24 25 26 27 28 29	S A T W T F S #1 1 2 3 4 5 6 7 #3 8 9 10 11 12 13 14 #4 15 16 17 18 19 20 21 #5 22 23 24 25 26 27 28	S A T W T F S #5 1 2 3 4 5 6 7 8 9 10 #1 11 12 13 14 15 16 17 18 #2 19 20 21 22 23 24 25 26 #4 27 28 29 30	S A T W T F S #4 1 2 3 4 5 6 7 8 9 10 #5 11 12 13 14 15 16 17 18 #1 19 20 21 22 23 24 25 26 #2 27 28 29 30 31

Breakfast is served
8:50am-9:10am

BREAKFAST MENU

OFFERED DAILY:

Choice of assorted
whole grain cereals,
pancakes, or Pop Tarts.
Assorted fruits and
choice of milk

LUNCH MENU ITEMS

OFFERED DAILY:

A variety of fresh
fruits , red/orange &
dark green vegetables
and legumes.

Choice of Chocolate,
Strawberry or White
milk

2019-2020 Late Start Days:

Sep 17, Oct 25

Mar 5, May 12

PRICES

BREAKFAST

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

LUNCH

ELEMENTARY
Regular \$2.75
Reduced \$.40
Adults \$3.75
Milk \$.50

- 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 feed the student, charge the meal, and settle with parents at a later date.

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- 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.

Additional Meals Offered Daily

- *Hummus served with fresh dipping vegetables, fruit, pita bread, and milk. Hummus a la carte \$2.50
- *Crunch Dipper Meal: Yogurt, string cheese and choice of cereal, fruit, veggie and milk. \$2.75
- *Soy nut butter and jelly sandwich with fruit, veggie and milk (sandwich a la carte \$2.50)

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This institution is an equal opportunity provider.

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

Manager's choice

12/9/19

Highland Elementary School JAN - MAY 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	#1 Marinara French Bread Pizza Or #2 Sloppy Joe Corn Iceberg Salad Apple	#1 Mozzarella Sticks Or #2 Beef Rotini Pasta Romaine Salad Applesauce	#1 French Toast w/ Yogurt Or #2 Cheese Omelet w/ Blueberry Loaf Hash Brown Juice	#1 Baked Chicken Drumstick w/roll Or #2 Salisbury Steak w/roll Ranchero Beans Fruit Cup	#1 Cheese Pizza Or #2 Pepperoni Pizza Carrots Apple Slices
SUPER SACK: Cinnamon Crunch Dippers, Yogurt, Fruit, Vegetable and Milk – Offered Daily !					

MENU #2	#1 Soft Pretzel Rods w/ Cheese Sauce Or #2 Beef Chili w/ Cornbread Broccoli Iceberg Salad Apple	#1 Walking Taco Or #2 Taco Sticks Refried Beans Pears	#1 Cinnamon Mini Pull-Apart w/ Hard Boiled Egg Or #2 Twisted Blueberry Breadstick w/ Hard Boiled Egg Hashbrown Juice	#1 Popcorn Chicken Or #2 Meatloaf w/ Roll Mashed Potatoes Fruit Cup	#1 Cheese Pizza Or #2 Pepperoni Pizza Carrots Apple Slices
SUPER SACK: Cinnamon Crunch Dippers, Yogurt, Fruit, Vegetable and Milk – Offered Daily !					

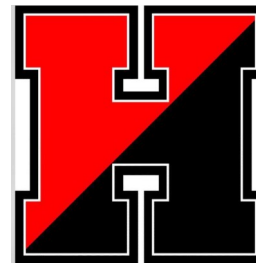
MENU #3	#1 Hot Bog Or #2 Cheeseburger Baked Beans Apple	#1 Cheese Filled Bosco Stick Or #2 Breaded Chicken Sandwich Romaine Salad Peaches	#1 Cheese Pizza Or #2 Pepperoni Pizza Carrots Apple Slices	#1 Chicken Tenders Or #2 Fish Sticks French Fries Cucumbers Fruit Cup	#1 Cheese Pizza Or #2 Pepperoni Pizza Carrots Apple Slices
SUPER SACK: Cinnamon Crunch Dippers, Yogurt, Fruit, Vegetable and Milk – Offered Daily !					

MENU #4	#1 Pizza Crunchers Or #2 Twisted Cheddar Breadstick Broccoli Apple	#1 Chicken Corn Dog On a Stick Or #2 Mac & Cheese Hummus Cup w/ Celery Mixed Fruit	#1 Pancakes w/ Yogurt Or #2 Cheese Omelet w/ Muffin Hashbrown Juice	#1 Chicken Nuggets Or #2 Chicken Pot Pie on top of a Biscuit Mashed Potatoes Fruit Cup	#1 Cheese Pizza Or #2 Pepperoni Pizza Carrots Apple Slices
SUPER SACK: Cinnamon Crunch Dippers, Yogurt, Fruit, Vegetable and Milk – Offered Daily !					

MENU #5	#1 Garlic French Bread Pizza Or #2 Grilled Cheese Romaine Salad Cucumbers Spiced Apples	#1 Soft Pretzel Rods Or #2 Beef & Cheese Nachos Fiesta Beans Apple	#1 Dutch Waffle w/ Hard Boiled Egg Or #2 Cinnamon Toast Crunch Bar w/ Hard Boiled Egg Hashbrown Juice	#1 Mini Chicken Corn Dogs Or #2 Twisted Cheddar Breadstick Green Beans Fruit Cup	#1 Cheese Pizza Or #2 Pepperoni Pizza Carrots Apple Slices
SUPER SACK: Cinnamon Crunch Dippers, Yogurt, Fruit, Vegetable and Milk – Offered Daily !					



Breakfast is served at
8:45 am - 9:00 am



PRICES

BREAKFAST

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

LUNCH

ELEMENTARY
Regular \$2.75
Reduced \$.40
Adults \$3.75
Milk \$.50

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- For questions or comments please contact Joe Shamy, Food Service Director at 419-824-8511 or jshamy@sylvaniaschools.org.

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LUNCH MENU ITEMS

OFFERED DAILY:

A variety of fresh fruits, red/orange & dark green vegetables and legumes.

Choice of Chocolate, Strawberry or White milk

2019-2020 Late Start Days:

Sep 17, Oct 25

Mar 5, May 12

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

JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
S M T W T F S 1 2 3 4 #4 5 6 7 8 9 10 11 #5 12 13 14 15 16 17 18 #1 19 20 21 22 23 24 25 #2 26 27 28 29 30 31	S M T W T F S 1 #3 2 3 4 5 6 7 8 #4 9 10 11 12 13 14 15 #5 16 17 18 19 20 21 22 #1 23 24 25 26 27 28 29	S M T W T F S #2 1 2 3 4 5 6 7 #3 8 9 10 11 12 13 14 #4 15 16 17 18 19 20 21 22 23 24 25 26 27 28 #5 29 30 31	S M T W T F S #5 1 2 3 4 #1 5 6 7 8 9 10 11 #2 12 13 14 15 16 17 18 #3 19 20 21 22 23 24 25 #4 26 27 28 29 30	S M T W T F S #4 1 2 #5 3 4 5 6 7 8 9 #1 10 11 12 13 14 15 16 #2 17 18 19 20 21 22 23 MC 24 25 26 27 28 29

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

Manager's choice

12/16/19 tmay

Hillview Elementary School JAN—MAY 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Chicken Quesadilla or Garlic Cheese Bread Broccoli Applesauce	Beef or Chicken Taco or Mini Corndog Refried Beans Banana	Chili Dog Or French Bread Pizza Carrots Peaches	Chicken Alfredo Pasta Or Popcorn Chicken Green Beans Strawberries	Pepperoni or Cheese Pizza Romaine Salad Craisins
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #2	Cheeseburger w/bun Or Pizza Fiestada Broccoli Baked Beans Applesauce	Dutch Waffle & Sausage Or Mini Corndog Tator Tots Banana	Grilled Cheese Or Chicken Nuggets Tomato Soup Applesauce	Beef or Chicken Nachos Or Soft Pretzel w /Cheese Broccoli Strawberries	Pepperoni or Cheese Pizza Romaine Salad Craisins
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #3	Mac & Cheese or Cheese Breadsticks Green Beans Peaches	Beef or Chicken Taco or Mini Corndog Refried Beans Banana	Chili Dog or French Bread Pizza Carrots Applesauce	Chicken Drumstick or Salisbury Steak Mashed Potatoes Banana Roll	Pepperoni or Cheese Pizza Romaine Salad Craisins
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #4	Tatertot Casserole or Cheesy Roll Up Baked Beans Applesauce	Pancakes & Sausage or Mini Corndogs Tator Tots Banana	Grilled Cheese or Chicken Nuggets Tomato Soup Peaches	Chicken Alfredo Pasta Or Soft Pretzel w /Cheese Broccoli Strawberries	Pepperoni or Cheese Pizza Romaine Salad Craisins
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #5	Mac & Cheese Or Cheese Breadsticks Green Beans Peaches	Beef or Chicken Taco or Mini Corndog Refried Beans Banana	Chili Dog Or French Bread Pizza Cucumber Applesauce	Pasta Bake or Chicken Quesadilla Carrots Mixed Fruit	Pepperoni or Cheese Pizza Romaine Salad Craisins
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
S A T W T F S 1 2 3 4 #4 5 6 7 8 9 10 11 #5 12 13 14 15 16 17 18 #1 19 20 21 22 23 24 25 #2 26 27 28 29 30 31	S A T W T F S 1 #3 2 3 4 5 6 7 8 #4 9 10 11 12 13 14 15 #5 16 17 18 19 20 21 22 #1 23 24 25 26 27 28 29	S A T W T F S #2 1 2 3 4 5 6 7 #3 8 9 10 11 12 13 14 #4 15 16 17 18 19 20 21 22 23 24 25 26 27 28 #5 29 30 31	S A T W T F S #5 1 2 3 4 #1 5 6 7 8 9 10 11 #2 12 13 14 15 16 17 18 #3 19 20 21 22 23 24 25 #4 26 27 28 29 30	S A T W T F S #4 1 2 #5 3 4 5 6 7 8 9 #1 10 11 12 13 14 15 16 #2 17 18 19 20 21 22 23 #3 24 25 26 27 28 29



Breakfast is served
8:30am-9:00am

BREAKFAST MENU

OFFERED DAILY:

Choice of assorted
whole grain cereals,
pancakes, or Pop Tarts.
Assorted fruits and
choice of milk

LUNCH MENU ITEMS

OFFERED DAILY:

A variety of fresh
fruits, red/orange &
dark green vegetables
and legumes.

Choice of Chocolate,
Strawberry or White
milk

2019-2020 Late Start Days:

Sep 17, Oct 25

Mar 5, May 12

PRICES

BREAKFAST

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

LUNCH

ELEMENTARY
Regular \$2.75
Reduced \$.40
Adults \$3.75
Milk \$.50

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Additional Meals Offered Daily

- *Hummus served with fresh dipping vegetables, fruit, pita bread, and milk. Hummus a la carte \$2.50
- *Crunch Dipper Meal: Yogurt, string cheese and choice of cereal, fruit, veggie and milk. \$2.75
- *Turkey Launchable with Fresh Veggies, cheese stick, fruit, snacks and milk \$2.75

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Manager's choice

11/6/19 tmay

Maplewood Elementary School JAN—MAY 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	#1 Cheddar Omelet w/ Chicken Sausage Link Or #2 Mini Corn Dogs Hashbrowns Apples	#1 Cheesy Bread w/ Marinara Or #2 Turkey Ham/Cheese Hoagie Carrots Bananas	#1 Walking Beef or Chicken Taco Or #2 Turkey "Launchable" Refried Beans Oranges	#1 Shredded Chicken Gravy over Rice Or #2 Broccoli w/ Chicken Alfredo Broccoli Mixed Fruit	Pepperoni Pizza or Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #2	#1 Mozzarella Sticks (4) Or #2 Honey BBQ Chicken Drumstick Corn Blueberries	#1 Mac & Cheese Or #2 Pizza Crunchers Chicken Soup Green Beans Pears	#1 Potatoes/Broccoli/ Cheese Or #2 Cheeseburger Cauliflower Banana	#1 Pizza Burger Or #2 Grilled Cheese Tomato Soup Oranges	Pepperoni Pizza or Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #3	#1 French Toast Sticks Or #2 Philly Beef Steak Sub Carrots Peaches	#1 Beef or Chicken Soft Taco Or #2 Hot Turkey Ham Cheese Sandwich Refried Beans Bananas	#1 Salisbury Steak Or #2 Fish Shapes Mashed Potatoes/Gravy Peas Apples	#1 Baked Chicken Drumstick Or #2 Hot Dog Baked Beans Mixed Fruit	Pepperoni Pizza or Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #4	#1 Pretzel Nuggets Or #2 Beefy Cheese Nachos Green Beans Pears	#1 Grilled Chicken Patty Sandwich Or #2 Confetti Pancakes w/Chicken Sausage Broccoli Blueberries	#1 Spaghetti w/Meat Sauce Or #2 Cheese Ravioli Breadsticks Carrots Apples	#1 Yogurt Fruit Crunch Dipper Or #2 Chef Salad Broccoli Cheese Soup Roll Corn Oranges	Pepperoni Pizza or Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #5	#1 Chili Cheese Turkey Dog Or #2 Chili Cheese Fries Broccoli Mixed Fruit	#1 Cheese Quesadilla Or #2 Egg Salad Sandwich Refried Beans Apples	#1 Dutch Waffles Or #2 Pizza Fiestada Peas Oranges	#1 Popcorn Chicken Or #2 Chicken Tenders Carrots Applesauce	Pepperoni Pizza or Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
S A T W T F S 1 2 3 4 #4 5 6 7 8 9 10 11 #5 12 13 14 15 16 17 18 #1 19 20 21 22 23 24 25 #2 26 27 28 29 30 31	S A T W T F S 1 #3 2 3 4 5 6 7 8 #4 9 10 11 12 13 14 15 #5 16 17 18 19 20 21 22 #1 23 24 25 26 27 28 29	S A T W T F S #2 1 2 3 4 5 6 7 #3 8 9 10 11 12 13 14 #4 15 16 17 18 19 20 21 22 23 24 25 26 27 28 #5 29 30 31	S A T W T F S #5 1 2 3 4 #1 5 6 7 8 9 10 11 #2 12 13 14 15 16 17 18 #3 19 20 21 22 23 24 25 #4 26 27 28 29 30	S A T W T F S #4 1 2 #5 3 4 5 6 7 8 9 #1 10 11 12 13 14 15 16 #2 17 18 19 20 21 22 23 MC 24 25 26 27 28 29



Breakfast is served

8:30am-9:05am

BREAKFAST MENU

OFFERED DAILY:

Choice of assorted whole grain cereals, pancakes, or Pop Tarts.

Assorted fruits and choice of milk

LUNCH MENU ITEMS

OFFERED DAILY:

A variety of fresh fruits , red/orange & dark green vegetables and legumes.

Choice of Chocolate, Strawberry or White milk

2019-2020 Late Start Days:

Sep 17, Oct 25

Mar 5, May 12

PRICES

BREAKFAST

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

LUNCH

Regular \$2.75
Reduced \$.40
Adults \$3.75
Milk \$.50

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- For questions or comments please contact Joe Shamy, Food Service Director at 419-824-8511 or jshamy@sylvaniaschools.org.

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

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

Manager's choice

12/10/19+may

Stranahan Elementary School JAN - MAY 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	#1 Cheesy Bread w/ Marinara Or #2 Goulash Roll Salad Pears	#1 Soft Taco Or #2 Mini Corn Dogs Refried Beans Mixed Fruit	#1 Popcorn Chicken Or #2 Meatloaf Mashed Potatoes Roll Strawberries	#1 Soft Pretzels w/ Cheese Sauce Or #2 Beef/Cheese Nachos Broccoli Banana	#1 Cheese or Pepperoni Pizza #2 Protein Power Lunch #3 Garden Salad & Roll Side Salad Pears
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #2	#1 Mac & cheese Or #2 Cheeseburger Roll Green Beans Peaches	#1 Walking Taco Or #2 Pizza Wrap Pinto Beans Mixed Fruit	#1 Chicken & Waffles Or #2 Beef Dippers Roll Tater tots Pears	#1 Chicken Fried Rice Or #2 Turkey Dogs Roll Broccoli Banana	#1 Cheese or Pepperoni Pizza #2 Protein Power Lunch #3 Garden Salad & Roll Side Salad Pears
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #3	#1 Cheesy Flatbread w/ Marinara Or #2 Beef Ravioli Roll Salad Peaches	#1 Taco Bake Or #2 Mini Corn Dogs Black beans/Corn Pears	#1 Grilled Cheese Or #2 Yogurt Crunch Dippers Tomato Soup Blueberries	#1 Chicken Patty on a Bun Or #2 Chicken Nuggets French Fries Banana	#1 Cheese or Pepperoni Pizza #2 Protein Power Lunch #3 Garden Salad & Roll Side Salad Pears
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #4	#1 Mac & Cheese Or #2 Beef Hot Dogs Roll Green Beans Peaches	#1 Walking Taco Or #2 Cheesy Roll-up Refried Beans Pears	#1 Tater Tot Casserole Or #2 Fish Sticks Roll Corn Apples	#1 Soft Pretzel w/ Cheese Sauce Or #2 Rotini w/Meat Sauce Roll Broccoli Banana	#1 Cheese or Pepperoni Pizza #2 Protein Power Lunch #3 Garden Salad & Roll Side Salad Pears
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #5	#1 Chicken Patty on a Bun Or #2 Cheeseburger French Fries Peaches	#1 Cheese Garlic Bread Pizza Or #2 Pepperoni Garlic Bread Pizza Salad Pineapple	#1 Pancakes w/Turkey Sausage Or #2 Turkey & Cheese Wrap Tater Tots Apples	#1 Chicken Pot Pie Or #2 Beef Dippers Roll Peas Blueberries	#1 Cheese or Pepperoni Pizza #2 Protein Power Lunch #3 Garden Salad & Roll Side Salad Pears
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

JANUARY 2020						
S	A	T	W	Th	F	S
			1	2	3	4
#4	5	6	7	8	9	11
#5	12	13	14	15	16	18
#1	19	20	21	22	23	25
#2	26	27	28	29	30	31

FEBRUARY 2020						
S	A	T	W	Th	F	S
						1
#3	2	3	4	5	6	7
#4	9	10	11	12	13	15
#5	16	17	18	19	20	22
#1	23	24	25	26	27	29

MARCH 2020						
S	A	T	W	Th	F	S
#2	1	2	3	4	5	7
#3	8	9	10	11	12	14
#4	15	16	17	18	19	21
	22	23	24	25	26	28
#5	29	30	31			

APRIL 2020						
S	A	T	W	Th	F	S
#5			1	2	3	4
#1	5	6	7	8	9	11
#2	12	13	14	15	16	18
#3	19	20	21	22	23	25
#4	26	27	28	29	30	

MAY 2020						
S	A	T	W	Th	F	S
#4						1
#5	3	4	5	6	7	9
#1	10	11	12	13	14	16
#2	17	18	19	20	21	23
MC	24	25	26	27	28	29



Breakfast is served
8:50am-9:10am

BREAKFAST MENU

OFFERED DAILY:

Choice of assorted whole grain cereals, pancakes, or Pop Tarts. Assorted fruits and choice of milk

PRICES BREAKFAST

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

LUNCH

Regular \$2.75
Reduced \$.40
Adults \$3.75
Milk \$.50

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LUNCH MENU ITEMS

OFFERED DAILY:

A variety of fresh fruits, red/orange & dark green vegetables and legumes.

Choice of Chocolate, Strawberry or White milk

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Sep 17, Oct 25

Mar 5, May 12

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Manager's choice

1/15/2020 tmay

Sylvan Elementary School JAN - MAY 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Mini Corn Dogs Or *Cheese Bread w/ Marinara Green Beans Craisins	*French Toast & Chicken Sausage Or Chicken Patty on a Bun Banana Smile Fries	*Pizza Crunchers Or Rotini Pasta w/ Meat Sauce Banana Cucumbers	Beef & Cheese Nachos Or *Pretzel w/Cheese Apples Refried Beans	Pepperoni Pizza *Cheese Pizza or Garden Salad Romaine Lettuce Apples
	* NON-MEAT OPTIONS Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #2	Cheeseburger Or *Cheese Ravioli in Marinara Craisins Baked Beans	*Dutch Waffles & Chicken Sausage Or Full Size Corn Dog Banana Potato Crowns	Rotini Pasta w/Meat Sauce Or *Grilled Cheese Apples Tomato Soup	Popcorn Chicken Or *Cheese Sticks Apples Mashed Potatoes	Pepperoni Pizza *Cheese Pizza or Garden Salad Romaine Lettuce Apples
	*NON-MEAT OPTIONS Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #3	Chicken Nuggets Or *Pretzel w/Cheese Raisins Broccoli	Walking Taco w/Doritos Or *Cheese Sticks Apples Refried Beans	*French Toast & Chicken Sausage Or Mini Corn Dogs Craisins Smile Fries	Chili w/Cornbread Or *Macaroni & Cheese Apples Corn / Carrots Biscuit	Pepperoni Pizza *Cheese Pizza or Garden Salad Romaine Lettuce
	*NON-MEAT OPTIONS Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #4	Cheeseburger Or *Mozzarella Cheese Bread Applesauce Green Beans	*Pancakes Omelets & Chicken Sausage Or Chicken Patty on a Bun Banana Smile Fries	*Cheese Quesadilla Or Hot Dog Banana Carrots	Beef & *Cheese Nachos Or *Pretzels w/Cheese Craisins Refried Beans	Pepperoni Pizza *Cheese Pizza or Garden Salad Romaine Lettuce Apples
	*NON-MEAT OPTIONS Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #5	Chicken Nuggets Or *Macaroni & Cheese Apples Cucumbers Green Beans	Walking Tacos w/Doritos Or *Cheese Quesadilla Banana Refried Beans	Beef Mexican Pizza Or *Grilled Cheese Banana Carrots Tomato Soup	Popcorn Chicken Or *Cheese Ravioli in Marinara Mashed Potatoes Corn	Pepperoni Pizza *Cheese Pizza or Garden Salad Romaine Lettuce Apples
	*NON-MEAT OPTIONS Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

JANUARY 2020						
S	M	T	W	Th	F	S
			1	2	3	4
#4	5	6	7	8	9	11
#5	12	13	14	15	16	18
#1	19	20	21	22	23	25
#2	26	27	28	29	30	31

FEBRUARY 2020						
S	M	T	W	Th	F	S
						1
#3	2	3	4	5	6	7
#4	9	10	11	12	13	15
#5	16	17	18	19	20	22
#1	23	24	25	26	27	29

MARCH 2020						
S	M	T	W	Th	F	S
#2	1	2	3	4	5	7
#3	8	9	10	11	12	14
#4	15	16	17	18	19	21
	22	23	24	25	26	28
#5	29	30	31			

APRIL 2020						
S	M	T	W	Th	F	S
#5			1	2	3	4
#1	5	6	7	8	9	11
#2	12	13	14	15	16	18
#3	19	20	21	22	23	25
#4	26	27	28	29	30	

MAY 2020						
S	M	T	W	Th	F	S
#4					1	2
#5	3	4	5	6	7	9
#1	10	11	12	13	14	16
#2	17	18	19	20	21	23
MC	24	25	26	27	28	29



Breakfast is served
8:00 am—8:30 am

BREAKFAST MENU

OFFERED DAILY:

Choice of assorted
whole grain cereals,
pancakes, or Pop Tarts.
Assorted fruits and
choice of milk

LUNCH MENU ITEMS

OFFERED DAILY:

A variety of fresh
fruits , red/orange &
dark green vegetables
and legumes.

Choice of Chocolate,
Strawberry or White
milk

2019-2020 Late Start Days:

Sep 17, Oct 25

Mar 5, May 12

PRICES

BREAKFAST

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

LUNCH

Regular \$2.75
Reduced \$.40
Adults \$3.75
Milk \$.50

* Meatless Options

- 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.

Additional Meals Offered Daily

- Hummus served with fresh dipping vegetables, fruit, pita bread, and milk.
- Garden Salad: Fresh greens, cucumber, cherry tomatoes and cheese with yogurt or cheese, and roll or pita chips.
- Soy butter and jelly sandwich with yogurt and/or cheese.
- Crunch Dippers: Cereal choice, yogurt and/or cheese.

Follow the menu with its calendar day. Each week is represented by a color and number, which represents a 5-week cycle menu. The last days of school are manager's choice.

This institution
is an equal
opportunity
provider.

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

Manager's choice

12/18/19 tmay

Whiteford Elementary School JAN - MAY 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	#1 Cheeseburger Or #2 Corn Dogs Carrots Peaches	#1 Beef & Cheese Nachos Or #2 Soft Pretzel Refried Beans Applesauce	#1 French Toast Or #2 Chicken/Bun Craisins Hash Browns	#1 Chicken Drumsticks Or #2 Salisbury Steak Mashed Potatoes Banana Dinner Roll	#1 Cheese Pizza or #2 Pepperoni Pizza or #3 Salad w/cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #2	#1 Hot Dogs Or #2 Chicken Tenders Baked Beans Pears	#1 Pizza Fiestada Or #2 Chili Refried Beans Craisins	#1 Grilled Cheese Or #2 Pizza Crunchers Green Beans Banana	#1 Popcorn Chicken Or #2 Meatball Sub Carrots Mixed Fruit Dinner Roll	#1 Cheese Pizza or #2 Pepperoni Pizza or #3 Salad w/cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #3	#1 Cheeseburger Or #2 Mozzarella Cheese Sticks Carrots Raisins	#1 Walking Taco Or #2 Corn Dogs Refried Beans Applesauce	#1 Egg Omelet Or #2 Cheese Bread Craisins Hash Browns	#1 Chicken Drumsticks Or #2 Salisbury Steak Mashed Potatoes Banana Dinner Roll	#1 Cheese Pizza or #2 Pepperoni Pizza or #3 Salad w/cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #4	#1 Hot dogs Or #2 Chili Baked Beans Peaches	#1 Pizza Fiestada Or #2 Soft Pretzel Carrots Banana	#1 Dutch Waffles Or #2 Chicken/bun Craisins Hash Browns	#1 Turkey on the Mountain Or #2 Popcorn Chicken Mashed Potatoes Mixed Fruit Dinner Roll	#1 Cheese Pizza or #2 Pepperoni Pizza or #3 Salad w/cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered					

MENU #5	#1 Chicken Tenders Or #2 Mozzarella Cheese Sticks Cucumber Pears	#1 Walking Taco Or #2 Chili Refried Beans Banana	#1 Grilled Cheese Or #2 Pizza Crunchers Carrots Applesauce	#1 Popcorn Chicken Or #2 Meatball Sub Banana Dinner Roll	#1 Cheese Pizza or #2 Pepperoni Pizza or #3 Salad w/cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
S M T W T F S 1 2 3 4 #4 5 6 7 8 9 10 11 #5 12 13 14 15 16 17 18 #1 19 20 21 22 23 24 25 #2 26 27 28 29 30 31	S M T W T F S 1 #3 2 3 4 5 6 7 8 #4 9 10 11 12 13 14 15 #5 16 17 18 19 20 21 22 #1 23 24 25 26 27 28 29	S M T W T F S #2 1 2 3 4 5 6 7 #3 8 9 10 11 12 13 14 #4 15 16 17 18 19 20 21 22 23 24 25 26 27 28 #5 29 30 31	S M T W T F S #5 1 2 3 4 #1 5 6 7 8 9 10 11 #2 12 13 14 15 16 17 18 #3 19 20 21 22 23 24 25 #4 26 27 28 29 30	S M T W T F S #4 1 2 #5 3 4 5 6 7 8 9 #1 10 11 12 13 14 15 16 #2 17 18 19 20 21 22 23 #3 24 25 26 27 28 29



Breakfast is served
8:00am-8:35am

BREAKFAST MENU

OFFERED DAILY:

Choice of assorted
whole grain cereals or
Pop Tarts.

Assorted fruits and
choice of milk

LUNCH MENU ITEMS

OFFERED DAILY:

A variety of fresh
fruits, red/orange &
dark green vegetables
and legumes.

Choice of Chocolate,
Strawberry or White
milk

2019-2020 Late Start Days:

Sep 17, Oct 25

Mar 5, May 12

PRICES

BREAKFAST

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

LUNCH

ELEMENTARY
Regular \$2.75
Reduced \$.40
Adults \$3.75
Milk \$.50

- 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.

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- 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.

Additional Meals Offered Daily

- *Hummus served with fresh dipping vegetables, fruit, pita bread, and milk. Hummus a la carte \$2.50
- *Crunch Dipper Meal: Yogurt, string cheese and choice of cereal, fruit, veggie and milk. \$2.75
- *Soy nut butter and jelly sandwich with fruit, veggie and milk (sandwich a la carte \$2.50)

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

This institution is an equal opportunity provider.

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

Manager's choice

12/11/19 tmay