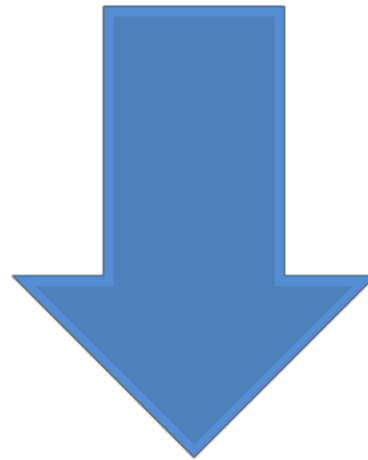


Please scroll down

to find your

school menu!



Arbor Hills Junior High School Aug-Dec 2018 Menu



PRICES

BREAKFAST

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

LUNCH

Regular \$3.00
Reduced \$.40
Adults \$3.50
Milk \$.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Pepperoni or Cheese Pizza Or Chicken Sandwich Green Beans Apple	Walking Taco Or Soft Tacos Refried Beans Mixed Fruit	Grilled Cheese Or Mini Corn Dogs Tomato Soup Peaches	Salisbury Steak Or Popcorn Chicken Dinner Roll Mashed Potatoes/ Gravy Peaches	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #2	Pepperoni or Cheese Pizza Or Chicken Sandwich Corn Apple	Hot Dog on a Bun Or Sloppy Joe on a Bun Baked Beans Mixed Fruit	Mac-n-Cheese Or Chicken Quesadilla Dinner Roll Broccoli Peaches	Chicken Nuggets Or Cheesy Bread Candied Carrots Peaches	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #3	Pepperoni or Cheese Pizza Or Chicken Sandwich Green Beans Apple	Beef Nachos Or Fiestada Pizza Refried Beans Mixed Fruit	Grilled Cheese Or Mini Corn Dogs Tomato Soup Peaches	Meatball Sub Or Spicy Chicken Smiley Potatoes Peaches	Pepperoni or Cheese Pizza Or Hamburger or Cheeseburger or Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #4	Pepperoni or Cheese Pizza Or Chicken Sandwich Carrots Apple	Walking Taco Or Soft Tacos Refried Beans Mixed Fruit	Teriyaki Chicken Or Mac-n-Cheese Rice Broccoli Peaches	Popcorn Chicken Or Salisbury Steak Mashed Potatoes w/ Gravy Dinner Roll Peaches	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

MENU #5	Pepperoni or Cheese Pizza Or Chicken Sandwich Green Beans Apple	Swedish Meatballs Or Beef Chili Fries French Fries Mixed Fruit	Hot Dog on a Bun Or Sloppy Joe on a Bun Baked Beans Peaches	Soft Pretzel & Cheese Or Chicken Nuggets Broccoli Peaches	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!					

Breakfast is served
7:45 am—8:00 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

2018 -2019 Late Start Days:

Sep 18, Oct 23

Mar 14, May 14

- 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.sylvaniaschools.org**
- 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)

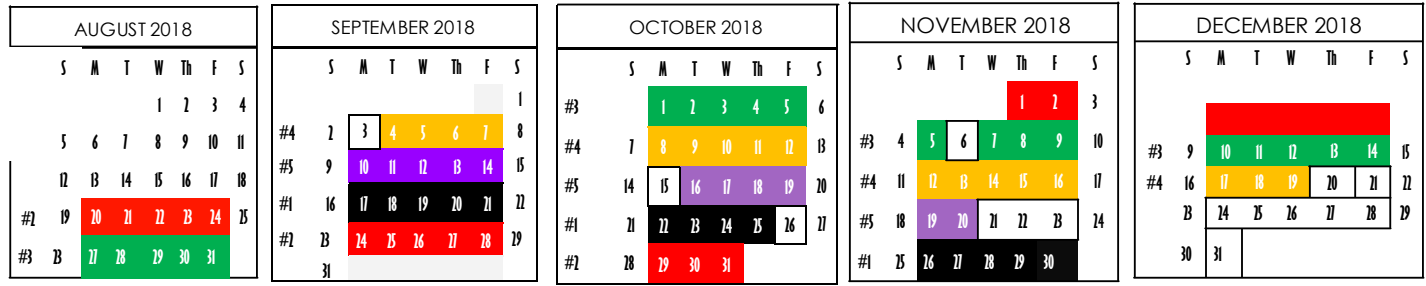
Follow the menu with its calendar day. Each week is represented by a color and number and represents a 5-week cycle menu.

Menu options for these days will be announced in advance.

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

This institution is an equal opportunity provider

*** MANAGER'S CHOICE MENU**



McCord Junior High School Aug-Dec 2018 Menu



PRICES

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

LUNCH
 Regular \$3.00
 Reduced \$.40
 Adults \$3.50
 Milk \$.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Chicken Nuggets French Fries Or Corn Dog Baked Beans Banana	Cheese or Pepperoni Pizza Or Meat Ball Sub Broccoli Apple	Grilled Cheese Or Spicy Chicken Strips Tomato Soup Banana	Chicken Drumstick Or Pretzel & Cheese Mashed Potatoes Apple	Pepperoni or Cheese Pizza or Chicken Sandwich or Cheeseburger Corn Banana

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #2	Cheesy Bread w/ Marinara Sauce Or Walking or Soft Taco Refried Beans Apple	Cheese or Pepperoni Pizza Or Cheese Burger Carrots Banana	Teriyaki Chicken with Fried Rice Or Chicken Sandwich Broccoli Banana	Salisbury Steak Mashed Potatoes Dinner Roll Or Chicken Fries Banana	Pepperoni or Cheese Pizza or Chicken Sandwich or Cheeseburger Corn Apple

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #3	Beef Chili & Cheese Or Spicy Chicken Strips Potato Wedges Banana	Cheese or Pepperoni Pizza or Chicken Sandwich Baked Beans Apple	Chicken Drumstick Or Cheese Burger Mashed Potatoes Banana	Rotini with Meat Sauce Garlic Bread Or Popcorn Chicken Broccoli Apple	Pepperoni or Cheese Pizza or Chicken Sandwich or Cheeseburger Carrots Banana

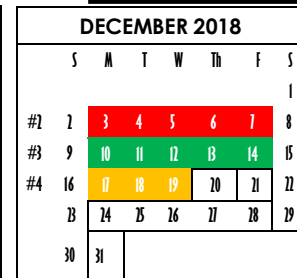
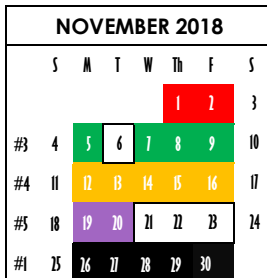
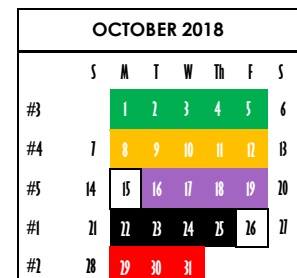
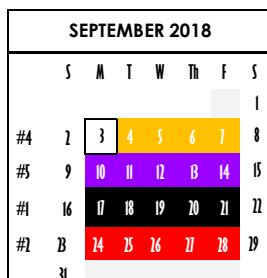
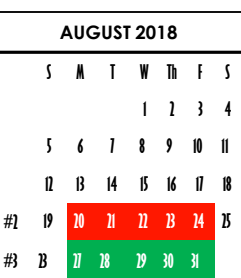
Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #4	Pizza Fiestada Or Corn Dog Carrots Apple	Cheese or Pepperoni Pizza Or Chicken Sandwich French Fries Banana	Grilled Cheese Tomato Soup Or Chicken Stir-Fry w/Rice Apple	Walking or Soft Taco Or Chicken Quesadilla Refried Beans Banana	Pepperoni or Cheese Pizza or Chicken Sandwich or Cheeseburger Broccoli Apple

Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #5	Popcorn Chicken Or Rotini w/Meat Sauce Garlic Bread French Fries Banana	Cheese or Pepperoni Pizza Or Buffalo Chicken Sub Broccoli Apple	Beef & Cheese Nachos Or Mac n Cheese Corn Bread Baked Beans Banana	Popcorn Chicken Or Salisbury Steak Mashed Potatoes Dinner Roll Apple	Pepperoni or Cheese Pizza or Chicken Sandwich or Cheeseburger Carrots Banana

Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!



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

2018-2019 Late Start Days:
 Sep 18, Oct 23, Mar 14, May 14

- 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!**
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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.

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)

Follow the menu with its calendar day. Each week is represented by a color and number and represents a 5-week cycle menu.
 Menu options for these days will be announced in advance.

Menu may change at manager discretion due to food supply. This institution is an equal opportunity provider.

*** MANAGER'S CHOICE MENU**

Timberstone Jr. High School Aug-Dec 2018 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	CORN DOG OR CHICKEN FRIES BROCCOLI APPLE	CHEESE OR PEPPERONI PIZZA FRENCH FRIES GREEN BEANS PINEAPPLE	GRILLED CHEESE TOMATO SOUP OR SPICY CHICKEN STRIPS ROMAINE SALAD BANANA	WALKING TACO OR SOFT TACO REFRIED BEANS ORANGES	CHEESE OR PEPPERONI PIZZA HAMBURGER OR CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #2	BEEF NACHOS OR FIESTA PIZZA BROCCOLI APPLE	CHEESE OR PEPPERONI PIZZA FRENCH FRIES CARROTS PEARS	HOT DOG ON A BUN OR SLOPPY JOE ON A BUN BAKED BEANS BANANA	ROTINI & MEAT SAUCE GARLIC BREAD OR POPCORN CHICKEN CORN ORANGES	CHEESE OR PEPPERONI PIZZA HAMBURGER OR CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #3	CHEESY BREAD MARINARA SAUCE OR MEATBALL SUB BROCCOLI APPLE	CHEESE OR PEPPERONI PIZZA FRENCH FRIES CARROTS PEACHES	CHILI-CHEESE POTATO WEDGES OR MAC-N-CHEESE BAKED BEANS BANANA	SALISBURY STEAK OR CHICKEN STRIPS DINNER ROLL MASHED POTATOES ORANGES	CHEESE OR PEPPERONI PIZZA HAMBURGER OR CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #4	BONELESS WINGS OR CHICKEN & CHEESE QUESADILLA BROCCOLI APPLE	CHEESE OR PEPPERONI PIZZA FRENCH FRIES GREEN BEANS PINEAPPLE	GRILLED CHEESE TOMATO SOUP OR SPICY CHICKEN STRIPS ROMAINE SALAD BANANA	WALKING TACOS OR SOFT TACOS REFRIED BEANS ORANGES	CHEESE OR PEPPERONI PIZZA HAMBURGER OR CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #5	HOT DOG ON A BUN OR CHICKEN SANDWICH BROCCOLI APPLE	CHEESE OR PEPPERONI PIZZA FRENCH FRIES CARROTS PEARS	SALISBURY STEAK OR CHICKEN DRUMSTICK DINNER ROLL MASHED POTATOES BANANA	MAC-N-CHEESE OR FIESTADA PIZZA CORN ORANGES	CHEESE OR PEPPERONI PIZZA HAMBURGER OR CHEESEBURGER GREEN BEANS APPLESAUCE CUP

PRICES

BREAKFAST

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

LUNCH

Regular \$3.00
Reduced \$.40
Adults \$3.50
Milk \$.50

**Breakfast is served
7:45 am—8:05 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**

- Don't forget, parents are able to prepay for student meals using on-line payments at MySchoolBucks.com.
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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.

Meals Offered Daily

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

2018-2019 Late Start Days:

Sep 18, Oct 23
Mar 14, May 14

Follow the menu with its calendar day. Each week is represented by a color and number and represents a 5-week cycle menu. The last 6 days of school are manager's choice.

AUGUST 2018	SEPTEMBER 2018	OCTOBER 2018	NOVEMBER 2018	DECEMBER 2018
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Menu may change at manager's Discretion due to food supply.

MANAGER'S CHOICE MENU

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