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school menu



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

Oriental Salad — Lettuce, carrots, red cabbage with mozzarella cheese, mandarin orange sections, pineapple chunks, chow mein noodles and sesame dressing. Served with fruit, bread & choice of milk. \$3.00

Oriental Salad a la carte \$2.75

Spinach Salad - Spinach with mozzarella cheese, tomato, cranberries, choice of dressing. Served with crackers, fruits & choice of milk. \$3.00

Spinach salad a la carte \$2.75

Turkey/Ham Wrap or Sub 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 or Ham 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 – 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 Reimbursable
Full Price
Meals - \$3.00**

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

Breakfast Burrito—Ham or turkey, egg & cheese on a wrap. Served with fruit and milk. \$1.75

Breakfast Burrito a la carte \$1.50

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**

Dutch or Belgium Waffle w/syrup, fruit and milk. \$1.75

A la Carte Pricing

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

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

Yogurt - **\$1.00** Cheese - **25¢**

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

Chips - **75¢**

A la Carte Drink Pricing

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

Bottled Water - **50¢** All other drinks - **\$1.00 & \$2.00**

Hot Stuff — Mosaic Coffee—**\$1.00** Hot Chocolate—**\$1.00**

Hot Premium Tea—**\$1.00**

This institution is an equal opportunity provider.

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

Pat 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 Sandwich – Chicken Sandwich. Served with vegetable, fruit & milk. \$3.00

Sandwich a la Carte \$2.50

Thursdays

Bagel Pizzas (2) - Half Cheese/Half Pepperoni each. Served with vegetable, fruit & milk. \$3.00

Bagel pizzas a la carte \$2.50

Godfather Meatball Sub – This is an offer you can't refuse, meatballs in a red sauce and mozzarella cheese on a sub bun. Served with 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! 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, 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



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**All Reimbursable Full Price
Meals—\$3.00**

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, crackers, 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, crackers, & 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, crackers, & choice of milk. \$3.00
Greek Salad a la carte \$2.75

Turkey/Ham Wrap, Sub 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 chips, vegetable, fruit, milk and a pack of ranch or mayo. \$3.00
Turkey/Ham 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 (Bagel only \$1.75)

The Beirut Hummus Meal – Beirut Hummus, veggies for dipping, pita bread, fruit and milk. \$3.00
Hummus with bread only a la Carte \$2.00

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

**All Reimbursable
Full Price Meals—
\$3.00**

BREAKFAST (7:00 AM –10:00 AM)

EVERY DAY: Sausage or Ham, Egg and Cheese Breakfast Sandwich Sausage or ham, egg and cheese served on an English muffin with your choice of fruit or juice and milk. \$1.75
Breakfast Muffin a la Carte \$1.50

EVERY DAY: 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 \$1.25 per bowl

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

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

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

A la Carte Pricing

French Fries - \$1.50 Baked Potato - \$1.50 Oatmeal pkt - \$1.00

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

Yogurt (4oz) - 75¢ Cheese - 25¢

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

Chips - 25¢ - \$1.00

A la Carte Drink Pricing

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

Bottled Water - 50¢ Other drinks - \$1.00 and \$2.00

Hot Stuff

Mosaic Coffee—\$1.00

Hot Chocolate—\$1.00

Hot Premium Tea—\$1.00

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

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COUGARS

Mondays

Taco Salad— Taco shell bowl with beef or chicken, cheese, tomatoes, lettuce, and a side of sour cream. Salsa and/or packet of dressing offered. Served with fruit and milk. \$3.00

Taco Salad a la Carte \$2.75

Walking Taco – We take one bag of Nacho Cheese Doritos and add meat, cheese, beans, tomatoes, lettuce, and a side of sour cream. Served with 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

2 Tacos or 2 Chicken Fajitas – Lightly spiced chicken strips or spiced ground beef served with a tortilla or taco shell, cheese, tomatoes, lettuce, and a side of sour cream. Served with your choice of fruit and milk. \$3.00

Beef Taco a la carte \$1.50 each

Chicken Fajitas a la Carte \$1.50

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 Tangerine Chicken – We mix teriyaki or tangerine 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

Pat and Carol's Mashed Potato Stack – Enjoy this stacked GOODNESS! We put popcorn chicken over mashed potatoes with corn, gravy, and cheese. Served with a roll, 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

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! Served with vegetable, 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 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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