

Please scroll down

to find your

school menu!



Central Trail Elementary School Aug-Dec 2018 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Pizza Crunchers Or Chicken Rings Corn Mixed Fruit	French Toast Sticks w/Chicken Sausage Or Lasagna Green Beans Juice	Cheeseburger Or Hot Dog Carrots Peaches	Beef & Cheese Nachos Or Pretzel w/Cheese Refried Beans Pears	Pepperoni or Cheese Pizza Garden Salad Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #2	Mac & Cheese Or Chicken Tenders Green Beans Peaches	Walking Taco Or Corn Dogs Refried Beans Sliced Apples	Grilled Cheese Or Popcorn Chicken Tomato Soup Pears	Egg Omelet & Pancakes Or Mozzarella Sticks Corn Juice	Pepperoni or Cheese Pizza Garden Salad Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #3	Cheesy Bread w/ Marinara Or Popcorn Chicken Carrots Sliced Apples	Dutch Waffle w/Chicken Sausage Or Cheese Calzone Corn Juice	Shredded Chicken w/Gravy Or Salisbury Steak Mashed Potatoes Roll Mixed Fruit	Chicken Patty Sandwich Or Bosco Stick w/Marinara Baked Beans Peaches	Pepperoni or Cheese Pizza Garden Salad Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #4	Pizza Crunchers Or Chicken Rings Corn Mixed Fruit	French Toast Sticks w/Chicken Sausage Or Honey BBQ Riblets Roll Green Beans Juice	Cheeseburger Or Hot Dog Baked Beans Peaches	Pretzel w/Cheese Or Mozzarella Sticks w/Marinara Carrots Sliced Apples	Pepperoni or Cheese Pizza Garden Salad Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #5	Mac & Cheese Or Chicken Tenders Green Beans Pears	Walking Taco Or Corn Dog Refried Beans Sliced Apples	Grilled Cheese Or Popcorn Chicken Tomato Soup Mixed Fruit	Chicken Bowls Or Honey BBQ Riblets Roll Corn Pears	Pepperoni or Cheese Pizza Garden Salad Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

PRICES

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

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

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:
September 18, October 23,
March 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.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.

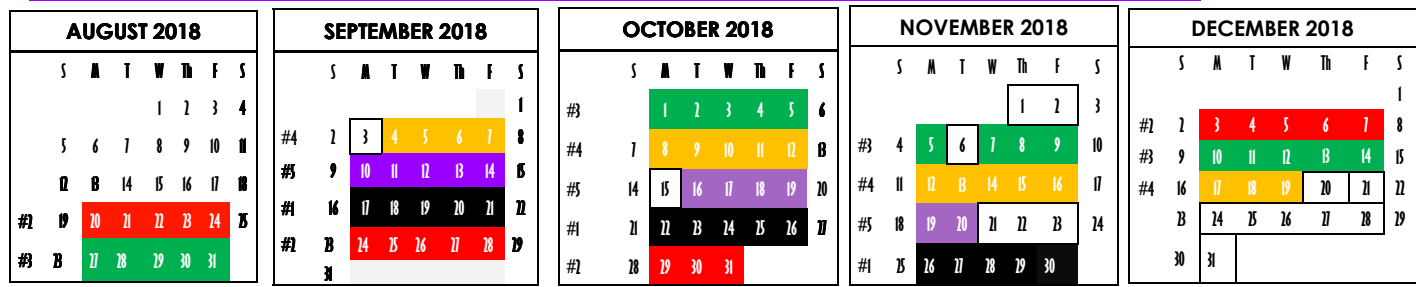
Additional Meals Offered Daily
*Hummus served with fresh dipping vegetables, fruit, pita bread, and milk. Hummus a la carte \$2.50
*Crunch Dipper Meal: Yogurt, string cheese and choice of cereal, fruit, veggie and milk. \$2.75
*Soy nut butter and jelly sandwich with fruit, veggie and milk (sandwich a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

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



Highland Elementary School Aug-Dec 2018 Menu

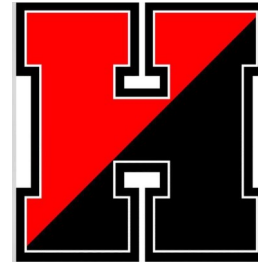


PRICES

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

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

Breakfast is not served at
 Highland Elementary



- 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.

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

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	#1 Mini Chicken Corn Dogs Or #2 Breaded Chicken Sandwich Celery/ Baked Beans Apple	#1 Cheesy Flat Bread Or #2 Baked Beef Pasta Romaine Salad Orange	#1 French Toast w/ Yogurt Or #2 Cheese Omelet w/ Muffin Hashbrown Juice	#1 Chicken Tenders Or #2 Fish Sticks Corn Banana	#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 Bites Or #2 Beef Chili w/ Cornbread Romaine Salad/ Cucumbers Apple	#1 Walking Taco Or #2 Pizza Fiestada Refried Beans Orange	#1 Mini Waffles w/ Yogurt Or #2 Cheese Omelet w/ Muffin Hashbrown Juice	#1 Popcorn Chicken Or #2 Meat Loaf w/ Roll Mashed Potatoes Banana	#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 Dog Or #2 Cheeseburger Baked Beans Apple	#1 Cheesy Flat Bread Or #2 Lasagna Romaine Salad Orange	1# Cinnamon Mini Pull-Apart Roll w/ Chicken Sausage Or #2 Cream Cheese Filled Bagel w/ Chicken Sausage Hashbrown Juice	1# Baked Chicken Drumstick w/ Roll Or #2 Salisbury Steak w/ Roll Celery Banana	#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# Cheese Filled Bread Or #2 Cheese Pizza Bites Romaine Salad/Cucumbers Apple	#1 Soft Pretzel Bites Or #2 Beef & Cheese Nachos Refried Beans Orange	#1 Pancakes w/ Yogurt Or #2 Cheese Omelet w/ Muffin Hashbrown Juice	#1 Chicken Nuggets Or #2 Beef Steak w/ Roll Mashed Potatoes Banana	#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 Bosco Stick w/ Marinara Or #2 Mac & Cheese Green Beans Apple	#1 Mozzarella Sticks w/ Marinara Or #2 Grilled Cheese Romaine Salad Orange	#1 Dutch Waffle w/ Yogurt Or #2 Yogurt Crunch Dippers Hashbrown Juice	#1 Chicken Chunks Or #2 Sloppy Joe Baked Beans Banana	#1 Cheese Pizza Or #2 Pepperoni Pizza Carrots Apple Slices
	Super Sack: Cinnamon Crunch Dippers, Yogurt, Fruit, Vegetable and Milk Offered Daily!!!				

AUGUST 2018

S	M	T	W	Th	F	S
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31						

SEPTEMBER 2018

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#1	14	15	16	17	18	19
#2	20	21	22	23	24	25
#1	26	27	28	29	30	31

OCTOBER 2018

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#3	1	2	3	4	5	6
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#5	13	14	15	16	17	18
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#1	25	26	27	28	29	30
#2	31					

NOVEMBER 2018

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

DECEMBER 2018

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

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

Manager's choice

Hill View Elementary School Aug-Dec 2018 Menu



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

PRICES

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Chicken Nuggets Or Garlic Bread w/cheese Carrots Bananas	Walking Taco Or Chicken Patty on a Bun Refried Beans Apple	Mac-n-Cheese Or Chicken Drumstick Green Beans Applesauce	Cheese Breadstick Or Popcorn Chicken Cucumbers Banana	Pepperoni Or Cheese Pizza Romaine Salad Craisins
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #2	Cheeseburger Or Pizza Fiestada Baked Beans Banana	Dutch Waffle & Sausage Or Mini Corn Dogs Carrots	Grilled Cheese & Tomato Soup Or Chicken Tenders Cucumbers Applesauce	Beef & Cheese Nachos Or Soft Pretzel w/cheese Broccoli	Pepperoni Or Cheese Pizza Romaine Salad Craisins
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #3	Mac-n-Cheese Or Cheese-filled Bread w/Marinara Green Beans Peaches	Tacos Or Mini Corn Dogs Refried Beans Banana	Chili Dog Or French Bread Pizza Baby Carrots Applesauce	Popcorn Chicken Or Salisbury Steak Mashed Potatoes Peaches	Pepperoni Or Cheese Pizza Romaine Salad Craisins
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #4	Mini Cheeseburgers Or Pizza Fiestada Baked Beans Banana	Pancake w/sausage Or Mini Corn Dogs Tater Tots Banana	Grilled Cheese & Tomato Soup Or Chicken Nuggets Baby Carrots Applesauce	Chicken Drumstick Or Soft Pretzel w/cheese Broccoli Banana	Pepperoni Or Cheese Pizza Romaine Salad Craisins
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #5	Chicken Tenders Or Pizza Fiestada Tater Tots Banana	Walking Taco Or Mini Corn Dogs Refried Beans Apple	Chili Dog Or French Bread Pizza Cucumbers Banana	Popcorn Chicken Or Pizza Crunchers Carrots Applesauce	Pepperoni Or Cheese Pizza Romaine Salad Craisins
	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:

Sept 18, Oct 23

Mar 14, May 14

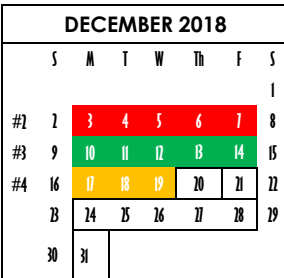
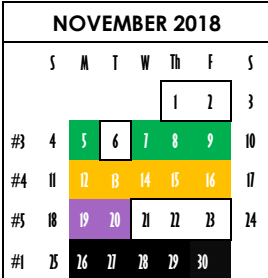
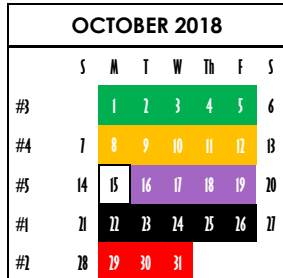
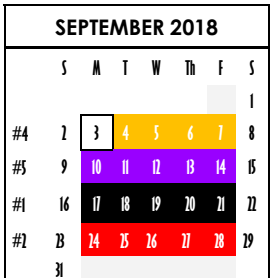
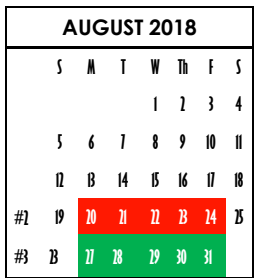
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- For questions or comments please contact Joe Shamy, Food Service Director at 419-824-8511 or jshamy@sylvaniaschools.org.

Additional Meals Offered Daily

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

*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.

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Manager's choice

Maplewood Elementary School Aug-Dec 2018 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Pizza Crunchers Or Chicken Rings Corn Mixed Fruit	French Toast Sticks w/ Chicken Sausage Or Lasagna Green Beans Juice	Cheeseburger Or Hot Dog Carrots Peaches	Beef & Cheese Nachos Or Pretzel w/Cheese Refried Beans Pears	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	Mac & Cheese Or Chicken Tenders Green Beans Peaches	Walking Taco Or Corn Dogs Refried Beans Sliced Apples	Grilled Cheese Or Popcorn Chicken Tomato Soup Pears	Egg Omelet & Pancakes Or Mozzarella Sticks Corn Juice	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	Cheesy Bread w/ Marinara Or Popcorn Chicken Carrots Sliced Apples	Dutch Waffle w/Chicken Sausage Or Cheese Calzone Corn Juice	Shredded Chicken Gravy Or Salisbury Steak Mashed Potatoes Roll Mixed Fruit	Chicken Patty Sandwich Or Bosco Stick w/Marinara Baked Beans Peaches	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	Pizza Crunchers Or Chicken Rings Corn Mixed Fruit	French Toast Sticks w/ Chicken Sausage Or Honey BBQ Riblets Roll Green Beans Juice	Cheeseburger Or Hot Dog Baked Beans Peaches	Pretzel w/Cheese Or Mozzarella Sticks w/ Marinara Carrots Sliced Apples	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	Mac & Cheese Or Chicken Tenders Dinner Roll Green Beans Pears	Walking Taco Or Corn Dog Refried Beans Sliced Apples	Grilled Cheese Or Popcorn Chicken Tomato Soup Mixed Fruit	Chicken Bowls Or Honey BBQ Riblets Roll Corn Pears	Pepperoni Pizza or- Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

PRICES

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

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

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

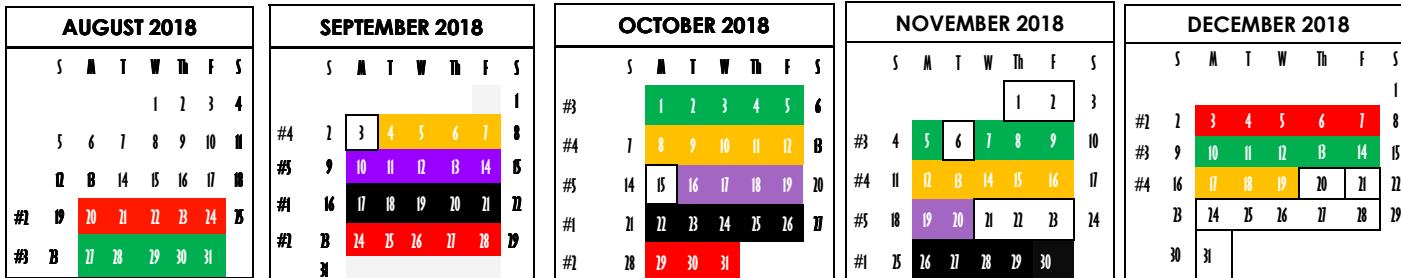
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- **Reminder, if you receive free lunches daily and your school serves breakfast, you may eat a free, healthy breakfast every morning!**
- For questions or comments please contact Joe Shamy, Food Service Director at 419-824-8511 or jshamy@sylvaniaschools.org.

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.

This institution is an equal opportunity provider.



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

Manager's choice

Stranahan Elementary School Aug-Dec 2018 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Garlic Bread w/Cheese Or Mac-n-Cheese Carrots Apples	Walking Taco Or Cheese Quesadilla Refried Beans Oranges	Cheeseburger Or Mini Corn Dogs Fries Blueberries	Chicken Nuggets Or Beef Dippers Corn Bananas	Pepperoni Pizza or Cheese Pizza or Garden Salad w/Cheese Applesauce Romaine Lettuce

MENU #2	Turkey Gravy over Biscuits Or Cheese Pizza Baked Beans	Pancakes w/Turkey Sausage Or BBQ Pork on a Bun Hashbrowns	Grilled Cheese Or Popcorn Chicken Tomato Soup Pears	Beef Nachos Or Soft Pretzel w/Cheese Broccoli Peaches	Pepperoni Pizza or Cheese Pizza or Garden Salad w/Cheese Applesauce Romaine Lettuce
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MENU #3	Cheesy Flatbread Or Mac-n-Cheese Carrots Apples	Chicken Taquitos Or Beef/Cheese Burrito Refried Beans Pears	Cheeseburger Or Mini Corn Dogs Fries Blueberries	Hot Dog Or Fish Sticks Baked Beans Banana	Pepperoni Pizza or Cheese Pizza or Garden Salad w/Cheese Applesauce Romaine Lettuce
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MENU #4	Chicken Patty on a Bun Or Pizza Fiesta Tater Tots Apples	Dutch Waffle w/Turkey Sausage Or Chalupa Refried Beans Pineapple	Grilled Cheese Or Popcorn Chicken Tomato Soup Oranges	Mozzarella Cheese Sticks Or Soft Pretzel w/Cheese Broccoli Bananas	Pepperoni Pizza or Cheese Pizza or Garden Salad w/Cheese Applesauce Carrots
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MENU #5	Cheesy Bread w/ Marinara Or Mac-n-Cheese Green Beans Apples	Walking Taco Or Taco Quesadilla Refried Beans Mixed Fruit	Turkey Chili Cheese- Dogs Or Grilled Chicken Nuggets Baked Beans Oranges	Baked Chicken Leg Or Meatloaf Mashed Potatoes Bananas Roll	Pepperoni Pizza or Cheese Pizza or Garden Salad w/Cheese Applesauce Carrots
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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

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:

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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. \$2.75
- *Crunch Dipper Meal: Yogurt, string cheese and choice of cereal, fruit, veggie and milk. \$2.75
- *Protein Power Lunch: Beef Stick, Cheese Stick, Baked Doritos, Carrots, Apple, Milk \$2.75

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.

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AUGUST 2018						
S	M	T	W	Th	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
#1	19	20	21	22	23	24
#3	25	26	27	28	29	30
31						

SEPTEMBER 2018						
S	M	T	W	Th	F	S
						1
#4	2	3	4	5	6	7
#5	8	9	10	11	12	13
#1	14	15	16	17	18	19
#2	20	21	22	23	24	25
26	27	28	29	30	31	

OCTOBER 2018						
S	M	T	W	Th	F	S
#3		1	2	3	4	5
#4	6	7	8	9	10	11
#5	12	13	14	15	16	17
#1	18	19	20	21	22	23
#2	24	25	26	27	28	29
30	31					

NOVEMBER 2018						
S	M	T	W	Th	F	S
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#3	3	4	5	6	7	8
#4	9	10	11	12	13	14
#5	15	16	17	18	19	20
#1	21	22	23	24	25	26
#2	27	28	29	30	31	

DECEMBER 2018						
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#2	2	3	4	5	6	7
#3	8	9	10	11	12	13
#4	14	15	16	17	18	19
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27	28	29	30	31		

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

Manager's choice

Sylvan Elementary School Aug-Dec 2018 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Cheeseburger or Full sized corn dog Raisins Carrots	French toast & Sausage or Chicken Patty on a bun Banana Hashbrowns	Chicken Drumstick Or Beef Riblets Banana Cucumbers Grain based desert	Beef & Cheese Nachos Or Pretzel w/cheese Apple Refried Beans	Pepperoni Pizza Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #2	Cheeseburger or Mozzarella Cheese Sticks Raisins Baked Beans	Dutch Waffle & Sausage or Full sized corn dogs Banana Hashbrowns	Chicken Rings or Grilled Cheese Apple Tomato Soup	Popcorn Chicken or Calzone Apple Carrots	Pepperoni Pizza Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #3	Chicken Tenders or Pretzel w/cheese Raisins Green Beans	Walking Taco w/Doritos or Mini Corn Dog Apple Refried Beans	French Toast & Sausage Or Fish Shapes Raisins Hashbrowns	Turkey on the Mtn or Salisbury Steak Apple Carrots Biscuit/Roll	Pepperoni Pizza Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #4	Cheeseburger or Cheese-bread Apple Baked Beans	Omelets & Pancakes or Chicken Patty Banana Hashbrowns	Pizza Crunchers or Hot Dog Banana Carrots	Chicken Drumstick or Beef Riblets Raisins Green Beans Grain-based desert	Pepperoni Pizza Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #5	Chicken Rings or Mac & Cheese Apples Cucumbers Grain-based desert	Walking Taco w/ Doritos or Mozzarella Cheese Sticks Banana Refried Beans	Grilled Cheese or Chicken Tenders Banana Carrots Tomato Soup	Popcorn Chicken or Fish Sticks Peaches or Pears Fries	Pepperoni Pizza Cheese Pizza or Garden Salad w/ Cheese Applesauce Romaine Lettuce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

AUGUST 2018						
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SEPTEMBER 2018						
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OCTOBER 2018						
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NOVEMBER 2018						
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DECEMBER 2018						
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PRICES

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

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

Breakfast is served
8:05am-8:30am

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.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, Pita Chips with choice of fresh veggies.
 Garden Salad: Fresh greens, cucumber, cherry tomatoes and cheese with yogurt or cheese, and roll or pita chips.
 Soy butter and jelly 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. Menu options for these days will be

This institution is an equal opportunity provider.

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

Manager's choice

Whiteford Elementary School Aug-Dec 2018 Menu



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

MENU #2	#1 Mac & Cheese or #2 Hot Dogs Baked Beans Apple	#1 Dutch Waffles or #2 Corn Dogs Hashbrowns Craisins	#1 Grilled Cheese or #2 Chicken Rings Tomato Soup Banana	#1 Cheese Calzones or #2 Popcorn Chicken Carrots Apple	#1 Pepperoni or #2 Cheese Pizza or #3 Salad w/Cheese Romaine Lettuce Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #3	#1 Chicken Tenders or #2 Soft Pretzel Carrots Raisins	#1 Walking Taco or #2 Corn Dogs Refried Beans Apple	#1 French Toast Sticks or #2 Fish Shapes Hashbrowns Craisins	#1 Turkey on the Mountain or #2 Salisbury Steak Dinner Roll Mashed Potatoes Banana	#1 Pepperoni or #2 Cheese Pizza or #3 Salad w/Cheese Romaine Lettuce Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #4	#1 Cheeseburger or #2 Cheese Bread Baked Beans Apple	#1 Egg Omelet or #2 Chicken/Bun Hashbrowns Craisins	#1 Pizza Crunchers or #2 Hot Dogs Carrots Banana	#1 Chicken Drumstick or #2 Mini Meat Loaf Dinner Roll Green Beans Apple	#1 Pepperoni or #2 Cheese Pizza or #3 Salad w/Cheese Romaine Lettuce Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

MENU #5	#1 Chicken Rings or #2 Mac & Cheese Cucumbers Apple	#1 Walking Taco or #2 Mozz. Cheese Sticks Refried Beans Banana	#1 Grilled Cheese or #2 Chicken Tenders Tomato Soup Carrots Apples	#1 Popcorn Chicken or #2 Fish Sticks Dinner Roll Fries Peaches or Pears	#1 Pepperoni or #2 Cheese Pizza or #3 Salad w/Cheese Romaine Lettuce Applesauce
	Garden Salad with Croutons, Yogurt, Roll, Fruit and Milk Offered Daily!!!				

PRICES

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

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

Breakfast is served

8:00am-8:35am

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.
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. 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)

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, 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

AUGUST 2018

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SEPTEMBER 2018

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OCTOBER 2018

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NOVEMBER 2018

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DECEMBER 2018

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