

**Please scroll down
to find your
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 bread & choice of milk. \$3.00

Oriental Salad a la carte \$2.75

Spinach Salad - Spinach with mozzarella cheese, tomato, dried cranberries, choice of dressing. Served with crackers, fruit & 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, 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 - **75¢** Baked Potato **75¢**

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

Yogurt - **\$1.00** Cheese - **25¢**

Sidekick Slushy - **75¢** 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**

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

WILDCATS

Mondays

Tacos– 2 Taco shells with taco meat, cheese, tomatoes, lettuce, and a side of sour cream. Salsa offered. Served with your choice of fruit and milk. \$3.00

Tacos 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

Cheese Filled Breadsticks - Two cheese filled breadsticks served with a cup of marinara sauce and with choice of vegetable, fruit and milk. \$3.00

Breadsticks a la Carte \$2.50

Teriyaki Chicken – We mix teriyaki chicken with green peppers, red peppers, and onions and serve them 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 Bowl – Enjoy this bowl of GOODNESS! We put popcorn chicken over mashed potatoes with corn, gravy, and cheese. Served with bread, fruit & milk. \$3.00

Bowl a la Carte \$2.50

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

Sandwich a la Carte \$2.50

Thursdays

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

Sandwich 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 beef chili!

Served with baby carrots, fruit and milk. \$3.00

Grilled Cheese a la Carte \$2.50, Tomato Soup or Chili \$1.50

Fridays

Lasagna Roll up – **Get your comfort food here!** Lasagna with marinara and creamy mozzarella cheese. Served with vegetable, fruit & milk. \$3.00

Lasagna 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.)

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This



institution is an equal opportunity provider.

Like Sylvania Schools Food Service Page on Facebook for more info!

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, roll, 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, roll, & choice of milk. \$3.00
Garden Salad a la Carte \$2.75

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

IT'S A Wrap, Sub or Sandwich – Turkey, ham, chicken salad, tuna, or buffalo chicken with lettuce and cheese wrapped in an 8 inch whole grain tortilla shell, whole grain white bread, or a sub bun. Served with vegetable, fruit, milk and a pack of ranch or mayo. \$3.00
Wrap, Sub or Sandwich a la Carte \$2.50

Barry's Bagel Meal – Fresh Barry Bagel with cream cheese, yogurt, or string cheese, 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 or chips only a la Carte \$2.50

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, bagel, or biscuit 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**

A la Carte Pricing

French Fries - 75¢ Baked Potato - 75¢ Oatmeal packet - \$1.00

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

Yogurt (4oz) - 75¢ Cheese - 25¢

Sidekicks Slushy - 75¢

Chips - 75¢ - \$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

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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 w/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

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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! 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 fries or choice of vegetable, fruit & milk. \$3.00

Sandwich a la Carte \$2.50

Hamburger/Cheeseburger - Burger with fries or choice of veggie, 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, Egg Salad, Tuna, etc.



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