

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



Arbor Hills Junior High School Jan - May 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Pepperoni or Cheese Pizza Or Chicken Sandwich Green Beans Apple	Beef Nachos Or Cheese Bread w/ Broccoli Peaches	BBQ Pork on a Bun Or Sloppy Joes Baked Beans Oranges	Beef Rigatoni Or Chicken Nuggets Hash browns Pineapple	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with vegetables, fruit and milk Offered Daily!!!					
MENU #2	Pepperoni or Cheese Pizza Or Chicken Sandwich Corn Apple	Swedish Meatballs Or Beef Chili Cheese Fries Mixed Fruit	Grilled Cheese Or Corn Dog Tomato Soup Pears	Walking Taco Or BBQ Pork Sandwich Corn Peaches	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with vegetables, fruit and milk Offered Daily!!!					
MENU #3	Pepperoni or Cheese Pizza Or Chicken Sandwich Green Beans Apple	Spicy Chicken Strips Or Meat Ball Sub Smiley Potatoes Banana	Beef Rigatoni Or Chicken Quesadilla Corn Mixed Fruit	Sloppy Joe Or Mac & Cheese w/Roll Pears	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Romaine Lettuce Applesauce
Garden Salad with vegetables, fruit and milk Offered Daily!!!					
MENU #4	Pepperoni or Cheese Pizza Or Chicken Sandwich Carrots Apple	Popcorn Chicken Or Salisbury Steak w/Roll Mashed Potatoes w/ Gravy Pineapple	Beef Nachos Or Fiestada Pizza Refried Beans Applesauce	BBQ Pork Sandwich Or Hot Dog Baked Beans Mixed Fruit	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with vegetables, fruit and milk Offered Daily!!!					
MENU #5	Pepperoni or Cheese Pizza Or Chicken Sandwich Green Beans Apple	Pretzel & cheese Or Chicken Nuggets Broccoli Oranges	Grilled Cheese Or Corn Dog Tomato Soup Apples	Asian Chicken Or Mac & Cheese w/Roll Rice Peaches	Pepperoni or Cheese Pizza or Hamburger or Cheeseburger or Salad w/Cheese Romaine Lettuce Applesauce
Garden Salad with vegetables, fruit and milk Offered Daily!!!					



Breakfast is served
7:45 am—8:00 am

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

Regular \$3.00
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. 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.

Meals Offered Daily

Soy nut butter and jelly sandwich with fruit, veggie and milk (sandwich a la carte \$1.50)

JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
S A T W Th F S #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 Th F S #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 Th 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 #5 22 23 24 25 26 27 28 #1 29 30 31	S A T W Th 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 Th 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

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. 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**

12/10/19 tmay

McCord Junior High School JAN - MAY 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Hot dog/Chili dog Or Sloppy Joe French fries /w chili & cheese Orange	Cheese or Pepperoni Pizza Or Meat Ball Sub Carrots Apple	Grilled Cheese Tomato Soup Or Spicy Chicken Banana	Chicken Drummy Mashed potatoes Or Pretzel w/ cheese Apple	Pepperoni or Cheese Pizza or Cheeseburger Corn Banana
Garden Salad or chef with Croutons or hummus with veggies, chips, pita bread! Sub sandwiches & bagels daily!					

MENU #2	Chicken Wings Or Walking taco Refried beans Spanish rice Apple	Cheese or Pepperoni Pizza Or Pulled BBQ Pork Sandwich Baked beans Banana	Teriyaki chicken Fried rice Or Chicken sandwich Broccoli Pear	Salisbury steak Mashed potatoes Or Chicken fries Dinner roll Orange	Pepperoni or Cheese Pizza or Cheeseburger Corn Apple
Garden Salad or chef with Croutons or hummus with veggies, chips, pita bread! Sub sandwiches & bagels daily!					

MENU #3	Beef chili & cheese w/ Potato wedge Or Spicy chicken strips Banana	Cheese or Pepperoni Pizza Or Buffalo chicken sub Corn Apple	Chicken Drummy Mashed Potatoes Or Rotini w/ meat sauce Garlic bread Orange	Grilled cheese Tomato soup Or Popcorn chicken Broccoli Pear	Pepperoni or Cheese Pizza or Cheeseburger Carrots Banana
Garden Salad or chef with Croutons or hummus with veggies, chips, pita bread!!! Sub Sandwiches & bagels daily!					

MENU #4	Chicken pot pie w/ biscuit Or Hamburger gravy Mashed potatoes Or Alfredo penne pasta Apple	Cheese or Pepperoni Pizza Or Breaded cheese sticks Cheese stuffed tater tots Banana	Sweet & Sour Chicken Fried Rice Or Chicken sandwich Orange	2 soft beef tacos Or Chicken quesadilla Refried beans Spanish rice Apple	Pepperoni or Cheese Pizza or Cheeseburger Broccoli Pear
Garden Salad or chef with Croutons or hummus with veggies, chips, pita bread! Sub sandwiches & bagels daily!					

MENU #5	Rotini w/ meat sauce Garlic bread Or Popcorn chicken Corn	Cheese or Pepperoni Pizza Or Meat loaf Roasted garlic potatoes Apple	Beef & cheese nachos Or Mac & cheese Corn bread Green beans Orange	Popcorn chicken Mashed potatoes Or Corn dog Corn Pear	Pepperoni or Cheese Pizza or Cheeseburger Carrots Banana
Garden Salad or chef with Croutons or hummus with veggies, chips, pita bread! Sub sandwiches & bagels 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
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

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 \$3.00
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.

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)

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*** MANAGER'S CHOICE MENU**

11/25/19 tamy

Timberstone Jr. High School JAN - MAY 2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Corn Dog Or Chicken Fries Corn Apple	Cheese or Pepperoni Pizza Or Chicken Sandwich Carrots Pineapple	Cheesy Bread w/ Marinara Or Spicy Chicken Strips Tomato Soup Banana	Walking Taco Or Soft Taco Refried Beans Oranges	CHEESE OR PEPPERONI PIZZA HAMBURGER or CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #2	Beef & Cheese Nachos Or Fiestada Pizza Refried Beans Apple	Cheese or Pepperoni Pizza Or Chicken Sandwich Carrots Pears	Hot Dog on a Bun Or Beef BBQ Riblet Sandwich Baked Beans Banana	Rotini w/Meat Sauce Or Cheesy Bread w/ Marinara Dinner Roll Corn Oranges	CHEESE OR PEPPERONI PIZZA HAMBURGER or CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #3	Meatball Sub Or Boneless Spicy Chicken Corn Apple	Cheese or Pepperoni Pizza Or Chicken Sandwich Carrots Peaches	Chicken Cheese Quesadilla Or Soft Taco Refried Beans Banana	Salisbury Steak Or Cheese Bread w/Marinara Roll Corn Oranges	CHEESE OR PEPPERONI PIZZA HAMBURGER or CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #4	Walking Taco Or Fiestada Pizza Refried Beans Apple	Cheese or Pepperoni Pizza Or Chicken Sandwich Carrots Pineapple	Hamburger Or Cheeseburger Baked Beans Banana	Boneless Chicken Or Rotini w/Meat Sauce Dinner Roll Corn Oranges	CHEESE OR PEPPERONI PIZZA HAMBURGER or CHEESEBURGER GREEN BEANS APPLESAUCE CUP
MENU #5	Corn Dog Or Meatball Sub Corn Apple	Cheese or Pepperoni Pizza Or Chicken Sandwich Carrots Pears	Chicken Cheese Quesadilla Or Soft Taco Refried Beans Banana	Mac & Cheese Or Boneless Chicken Corn Oranges	CHEESE OR PEPPERONI PIZZA HAMBURGER or CHEESEBURGER GREEN BEANS APPLESAUCE CUP



**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**

2018-2019 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 \$3.00
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.

Meals Offered Daily

Hummus served with fresh dipping vegetables, fruit, pita bread, and milk. \$2.75
Hummus a la carte \$2.50

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* MANAGER'S CHOICE MENU

12/12/19tmay

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