

# JANUARY 2025

## SHERIDAN ELEMENTARY SCHOOL

### LUNCH



#### School Information:

School is back in session on Jan. 6<sup>th</sup> 2025  
January 20<sup>th</sup> is Martin Luther King Jr. day/ *Flex day*



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

6 Grilled cheese sandwich,  
Sweet potato fries, mixed  
veggies, radishes, tropical  
fruit, milk  
**Or** sunbutter sandwich

7 Quesadilla, seasoned  
black beans, cilantro  
lime rice, salsa, fresh  
fruit, milk

8 Chicken tenders, baked  
potato, broccoli  
w/cheese, biscuit w/  
butter, peaches, milk

9 Meatballs in marinara,  
romaine salad, sliced  
cucumbers, garlic  
bread, fresh fruit, milk

10 Pulled pork sandwich,  
coleslaw, potato skins  
w/ cheese, pickles,  
pineapple, milk

13 Mini corndogs, baked  
beans, cauliflower w/  
cheese, celery sticks,  
mixed fruit, milk  
**OR** chef salad

14 Chicken parmesan,  
romaine salad, cherry  
tomatoes, bosco stick,  
fresh fruit, milk

15 Breaded pork chop w/  
gravy, mashed potatoes,  
green beans, cornbread,  
applesauce, milk

16 Macho nachos, nacho  
chips, refried beans,  
Spanish rice, pepper  
strips, fresh fruit, milk

17 Mini pancakes, sausage  
links, hash brown patty,  
tomato juice, cooked  
apples, milk

20 Martin Luther King Jr.  
Day / Flex day

21 Taco w/ lettuce & cheese,  
nacho chips w/ salsa,  
charro beans, fresh fruit,  
milk  
**Or** turkey sandwich

22 Blackhawk bowl, chicken  
smackers, potatoes,  
cheese, corn, gravy, roll w/  
butter, pears, milk

23 Pasta w/ meat sauce,  
romaine salad, cucumber  
slices, garlic breadstick,  
fresh fruit, milk

24 Hamburger, French fries,,  
Mixed veggies, carrot  
sticks, pineapple, milk

27 Biscuit w/ gravy,  
sausage patty, potato  
cubes, tomato juice,  
cooked apples, milk  
**OR** sunbutter sandwich

28 Chicken nuggets,  
French fries, baked  
beans, celery sticks,  
fresh fruit, milk

29 Country fried steak w/  
gravy, whipped potatoes,  
carrots, bread w/ butter,  
mixed fruit, milk

30 Ham & cheese sandwich,  
candied sweet potatoes,  
green beans, pepper  
strips, fresh fruit, milk

31 Pizza, baked chips,  
romaine salad, cherry  
tomatoes, tropical fruit,  
milk