

September 2018

SHERIDAN SES

LUNCH



School Information:

September 3rd Labor Day
September 12th early release
September 17th - 21st Blackhawk homecoming



Nutrition Tip:

More fruits and vegetables are served at your school every day. A variety of fruits and vegetables are served throughout the week, including red, orange, and dark green vegetables.



Monday

3
LABOR DAY
Students not in attendance.
Enjoy the day with family and friends. ☺

Tuesday

4
QUESADILLA, NACHO CHIPS,
SALSA, BLACK BEANS, FRESH
FRUIT, MILK

Wednesday

5
SALISBURY STEAK, MASHED
POTATOES, BUTTERED
CARROTS, MIXED FRUIT,
BREAD & BUTTER, MILK

Thursday

6
LASAGNA ROLL-UP, ROMAINE
SALAD, CHERRY TOMATOES,
BREAD STICK, FRESH FRUIT,
MILK

Friday

7
CHICKEN SANDWICH, FRENCH
FRIES, GREEN BEANS, PEARS,
COOKIE, MILK

10

CORN DOG, STEWED
TOMATOES, CORN ON THE
COB, PEACHES, MILK

11

DUNKIN STICKS, MARINARA
SAUCE, BROCCOLI SALAD,
PEPPER STRIPS, FRESH FRUIT,
MILK

12

BLACKHAWK BOWL, WHIPPED
POTATOES, CORN, GRAVY,
CHEESE, ROSEY APPLE SAUCE,
ROLL & BUTTER, MILK

13

RAVIOLI, ROMAINE SALAD,
CELERY STICKS, BOSCO
STICK, FRESH FRUIT, MILK

14

PIZZABURGER, BAKED CHIPS,
GREAT NORTHERN BEANS,
CUCUMBER SLICES,
PINEAPPLE TIDBITS, MILK

17

CHICKEN TETRAZZINI,
ROMAINE SALAD, CHERRY
TOMATOES, BREADSTICK,
FRESH FRUIT, MILK

18

FISH SANDWICH, ONION
RINGS, BAKED BEANS,
RADISHES, FRESH FRUIT, MILK

19

COUNTRY FRIED STEAK,
MASHED POTATOES, STEAMED
BROCCOLI, STEWED APPLES,
BREAD & BUTTER, MILK

20

MEATBALL SUB, SWEET
POTATO FRIES, PASTA SALAD,
MIXED FRUIT, MILK

21

BREAKFAST FOR LUNCH ©
MINI PANCAKES, SAUSAGE
LINKS, HASH BROWN,
TOMATO JUICE, MANDARIN
ORANGES, MILK

24

POPCORN CHICKEN, MAC &
CHEESE, HARVARD BEETS,
CUCUMBER SLICES, PEARS,
MILK

25

SUB SANDWICHES, BAKED
CHIPS, VEGGIE STICKS W/ DIP,
PICKLES, FRESH FRUIT, MILK

26

SMOKED SAUSAGE,
SCALLOPED POTATOES,
SPINACH, PEACHES, ROLL &
BUTTER, MILK

27

CHICKEN FAJITA, MEXICAN
RICE, REFRIED BEANS,
LETTUCE, CHEESE, FRESH
FRUIT, MILK

28

PIZZA, ROMAINE SALAD,
PEPPER STRIPS,
APPLE SAUCE, COOKIE, MILK



Menu may change without notice

To set up an account or deposit
money into your student's account
please go to:
www.sendmoneytoschool.com

Applications for free/reduced lunch
and breakfast can be found on
www.lunchapp.com or paper
copies are available at each school
office.

