

# MARCH 2024

# SHERIDAN MIDDLE AND HIGH SCHOOL

# LUNCH



## School Information:

SPRING BREAK 3/29 – 4/5

Fish sandwiches are now served every Friday.

This institution is an equal opportunity provider.



**March is National Nutrition Month!** To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

## MONDAY

*Sheridan schools follow the U.S.D.A guidelines to offer students healthy and nutritious meals that include all food groups.*

## TUESDAY



## WEDNESDAY

Please review student account procedures found on [www.scs.k12.in.us](http://www.scs.k12.in.us) than select school, services, food service tab.

## THURSDAY



## FRIDAY

Pulled pork, macaroni and cheese, corn bread, pickles, salad, fresh fruit, milk

4

Chicken & waffles, breakfast potatoes, warm spiced apples, tomato juice, milk

5

Walking taco, salsa, lettuce, cheese, Spanish rice, mixed fruit cup, milk

6

Calzones, marinara sauce, mixed veggies, fresh fruit, milk

7

Salisbury steak, gravy, whipped potatoes, carrots, roll, berry cup, milk

8

Hot dog, baked beans, coleslaw, baked chips, fresh fruit, milk

11

Sausage gravy biscuit, sausage, hash brown, tomato juice, fruit, milk

12

Burrito bowl, fajita chicken, churro beans, salsa, fresh fruit, milk

13

Ravioli, garlic bread, marinara sauce, broccoli, berry cup, milk

14

Pi day🥰 chicken pot pi, mashed potatoes, corn applesauce, milk

15

Grilled cheese, tomato soup, salad, fresh fruit, milk

18

Texas toast, sausage, tomato juice, hash browns, apples, milk

19

Crispitos, salsa, cilantro rice, corn, fruit cup, fresh fruit, milk

20

Mini corn dogs, baked beans, mixed veggies, berry cup, milk

21

Chicken tenders, whipped potatoes, gravy, carrots, pears, milk

22

Rib sandwich or vegetarian B-B-Q, celery sticks, fruit, milk

25

French toast sticks, sausage, tomato juice, potatoes, fruit cup, milk

26

Nacho's, meat & cheese, salsa, mexi beans, peaches, milk

27

Bosco sticks, marinara sauce, broccoli, strawberry cup, milk

28

Chef choice, Veggie, fruit, milk, treat

29

Spring break begins 🥰