

# FEBRUARY 2025

## Sheridan Middle and High School

### LUNCH



**School Information**  
**FEB. 10<sup>TH</sup> E- LEARNING Day**  
**FEB 17<sup>TH</sup> PRESIDENTS DAY / FLEX DAY**



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

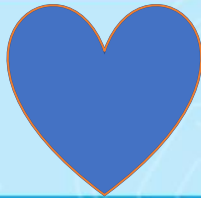


Reference: USDA MyPlate

### MONDAY

Please review SCS Wellness Policy and Triennial Assessment of the policy on SCS website.

### TUESDAY



### WEDNESDAY



### THURSDAY

### FRIDAY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

French toast sticks, breakfast potatoes, breakfast sausage, tomato juice, warm fruit crisp, fresh fruit, milk

3

Beef enchiladas, cilantro rice, salsa, churro beans, strawberry fruit cup, fresh fruit, milk

4

Baked Pizza crunchers, marinara sauce for dipping, steamed broccoli, fresh fruit, peaches, milk

5

Chicken pot pie, mashed potatoes, mixed veggies, applesauce, fresh fruit, roll, milk

6

SUPER BOWL PARTY  
Potato skin's, breaded mozzarella sticks, B-B-Q meatballs, baked chips, carrot and celery sticks, fresh fruit, milk

7

### E-LEARNING DAY

10

Totchos, ☺ tater tots, taco meat, cheese, beans, salsa and chips, warm spiced apples, fresh fruit, milk

11

Asian fusion bowl, Chicken, rice, sweet sour sauce, eggroll, stir fry veggies, pineapple, juice, fortune cookie, milk

12

Salisbury steak, mashed potatoes, gravy, corn, biscuit, fresh fruit, mixed fruit cup, milk

13

**Valentine's Day**  
Chicken parmesan sandwich, sweet potato fries, rosie red applesauce, pears, milk, treat

14

**President/Flex day**  
Lasagna roll-up  
Bread stick,  
broccoli, romaine salad, peaches milk

17

Rattlesnake bowl, fajita chicken, pasta, queso cheese sauce, salsa, cowboy caviar, romaine lettuce, fresh fruit, milk

18

Bosco cheese sticks, Marinara sauce, California veggies, frozen berry cup, fresh fruit, milk

19

Chicken tenders, whipped potatoes, gravy, roll, green beans, fresh fruit, warm apples, milk

20

Pulled pork slider, side of mac and cheese, warm buttered carrots, peach cup, fresh fruit, milk

21

Top your own hot dog, tomato, onion, relish, chili, carrot sticks, baked beans, fresh fruit, peaches, milk

24

Crispitos, salsa, Spanish rice, romaine lettuce, mixed fruit cup, fresh fruit, milk

25

Pasta bake with marinara meat sauce, garlic bread, spinach salad, fresh fruit, pears, milk

26

Chicken fried steak, mashed potatoes, gravy, green beans, cornbread, fruit cup, fresh fruit, milk

27

Baked potato your way, diced ham, bacon cheese, steamed broccoli, butter, roll, fresh fruit, juice, milk

28