

September 2018

SMS-SHS SHERIDAN

LUNCH



School Information:

September 3rd Labor Day
September 12th E- learning day
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

LABOR DAY

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

3

Tuesday

HAM & CHEESY POTATO BAKE, BROCCOLI, MIXED FRUIT, ROLL WITH BUTTER, MILK

4

Wednesday

CHICKEN AND NOODLES, GREEN BEANS, FRESH FRUIT, BISCUIT, MILK

5

Thursday

WALKIN TACO, SALSA, MEXI RICE, REFRIED BEANS, ROMAINE LETTUCE, APPLESAUCE, MILK

6

Friday

MINI CORN DOGS, BAKED CHIPS, CARROTS, PEACHES, MILK

7

10

BOSCO STICKS, W/ MARINARA SAUCE, BROCCOLI, FRESH FRUIT, PEACHES, MILK

11

SWEET AND SOUR CHICKEN OVER RICE, PEAS, PINEAPPLE, JUICE, FORTUNE COOKIE, MILK

12

E-learning day

13

CHICKEN FAJITA, ONIONS AND PEPPERS, SPANISH RICE, BLACK BEAN SALAD, PEARS, MILK

14

B-B-QUE RIB SANDWICH, CELERY & CARROT STICKS, MIXED FRUIT, FRESH FRUIT, MILK

17

BREAKFAST FOR LUNCH ☺

SAUSAGE GRAVY & BISCUIT, SAUSAGE PATTY, BREAKFAST POTATO, WARM SPICED APPLES, JUICE, MILK

18

PASTA WITH MEATBALLS, BREAD STICK, BROCCOLI, APPLESAUCE, MILK

19

BLACKHAWK BOWL ☺ CHICKEN POPPERS, MASHED POTATOES, GRAVY, CORN, ROLL, MIXED FRUIT, MILK

20

CRISPITOS WITH SALSA, MEXI RICE, REFRIED BEANS, SALAD, PEACHES, MILK

21

GO GO BLACKHAWKS ☺ BLACKHAWK BURGER, BAKED CHIPS, MIXED VEGGIES, FRESH FRUIT, JUICE, RICE KRISPY TREAT, MILK

24

BREAKFAST FOR LUNCH ☺

FRENCH TOAST STICKS, SAUSAGE, POTATO, JUICE, PEACHES, MILK

25

PEPPERONI BOSCO STICKS, MARINARA SAUCE, SPINACH SALAD, APPLESAUCE, FRESH FRUIT, MILK

26

COUNTRY FRIED STEAK, MASHED POTATOES, GRAVY, ROLL, FRUIT, MILK

27

CHICKEN QUESADILLA, SALSA, CILANTRO RICE, SPICED BLACK BEANS, PINEAPPLE, MILK

28

TOP YOUR OWN BAKED POTATO, DICED HAM, CHEESE, BROCCOLI, ONIONS, FRESH FRUIT, JUICE, MILK



Menu may change without notice

To set up an account or deposit money into your students 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.

