



#### School Information:

Spring break March 28<sup>th</sup> – April 4<sup>th</sup>

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

Texas French toast, breakfast sausage, hash brown, warm spiced apples, tomato juice, milk **3**

Chicken and waffles, breakfast potatoes, warm fruit crisp, tomato juice, fresh fruit, milk **10**

**St. Patrick's Day Irish nachos, taco meat, cheese, potato wedges, chips, salsa, frozen fruit cup, fresh fruit, milk** **17**

Sausage gravy and biscuit, breakfast potatoes, sausage, warm apple crisp, tomato juice, milk **24**

SPRING BREAK **31**

### TUESDAY

**Mardi Gras Festival Cajun chicken pasta, hush puppies (cornbread fritters) peas, romaine salad, fresh fruit, milk** **4**

Street tacos, taco meat, cheese, cup of salsa, romaine lettuce, refried beans, pears, milk **11**

Chicken cheese, quesadilla, mexi churro beans, cilantro rice, salsa, strawberry cup, fresh fruit, milk **18**

Burrito bowl, chicken fajita meat, cheese, Spanish rice, salsa, cowboy caviar, fresh fruit, peaches, milk **25**

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.

### WEDNESDAY

Pepperoni or cheese calzone, marinara sauce, steamed broccoli, fresh carrots, peaches, milk **5**

Asian fusion bowl, chicken, rice or noodles, sweet sour sauce, eggroll, stir fry veggies, pineapple, juice, fortune cookie, milk **12**

Pizza crunchers, marinara sauce, California veggies, frozen berry cup, juice, milk **19**

Bosco cheese sticks, marinara sauce, romaine lettuce, steamed broccoli, frozen berry cup, fresh fruit, milk **26**

### THURSDAY

Blackhawk bowl, chicken poppers, mashed potatoes, corn, gravy, biscuit, cheese, mixed fruit, milk **6**

Indiana breaded pork chop, baked potato, gravy, mixed veggies, roll, fresh fruit, peaches, milk **13**

Chicken fried steak, mashed potatoes, green beans, corn bread, gravy, fresh fruit, milk **20**

**27**  
Cooks choice, fruit, veggies, grain, milk

### FRIDAY

Corn dogs, ranch dipping sauce, baked beans, celery sticks, pretzels, fresh fruit, strawberry fruit cup, milk **7**

Pi day **14**  
Chicken pot pie, mashed potatoes, biscuit, carrots, fruit, milk

B-B-Q rib sandwich, baked beans, coleslaw, chips, celery and carrot sticks, mixed fruit, milk **21**

**28**  
SPRING BREAK BEGINS



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