

DECEMBER 2022

SHERIDAN MIDDLE AND HIGH SCHOOL

LUNCH



School Information:

WINTER BREAK Dec. 21st – Jan. 3rd, 2023



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



This institution is an equal opportunity provider.

TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

Breakfast for lunch **5**
chicken and waffles,
breakfast potatoes, juice,
berry cup, milk

New menu item! **6**
Pepperoni pizza quesadilla,
salsa, spinach, fruit, milk

b-b-q grilled chicken **7**
sandwich, mixed veggies,
baked beans, fresh fruit,
peaches, milk

Blackhawk Bowl **1**
Chicken poppers, whipped
potatoes, gravy, corn, roll,
fresh fruit, milk

Hot dog, with all the fixings,
Baked beans, carrots, celery,
Peaches, milk **2**

12
French toast sticks, sausage,
warm spiced apples, juice
breakfast potatoes, milk

13
Chicken fajita rice bowl,
salsa, refried beans, salad,
fresh fruit, milk

14
Meatballs w/ cheese,
marinara sauce garlic bread,
broccoli, mixed fruit, milk

8
Chicken and noodles,
whipped potatoes, gravy
green beans, roll, mixed
fruit, milk

9
Chili w/cheddar cheese,
bacon biscuit, carrots,
coleslaw, fresh fruit, milk **16**

19
COOKS CHOICE
VEGETABLE, FRUIT, MILK

20
COOKS CHOICE
VEGETABLE, FRUIT, MILK
HAVE A SAFE WINTER BREAK!

21
☺
WINTER BREAK BEGINS

22
WINTER BREAK ☺

23
WINTER BREAK ☺

26
WINTER BREAK ☺

27
WINTER BREAK ☺

28
WINTER BREAK ☺

29
WINTER BREAK ☺

30
NEW YEAR'S EVE ☺