

# FEBRUARY 2024 SHERIDAN MIDDLE AND HIGH SCHOOL



### School Information:

FEB. 12<sup>TH</sup> E-LEARNING DAY  
 FEB. 19<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

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



5  
 Chicken and waffles, breakfast potatoes, warm spiced apples, tomato juice, milk

6  
 Burrito bowl, chicken fajita, salsa, Spanish rice, cheese, refried beans, strawberry cup, milk

7  
 Bosco sticks, marinara sauce, broccoli, fresh fruit, milk

1  
 Salisbury steak, mashed potatoes, gravy, green beans, roll, fresh fruit, milk

2  
 Top your own baked potato, cheese, butter, broccoli, diced ham, bacon bits, corn bread, fruit cup, milk

12  
**E-LEARNING DAY**

13  
 Street tacos, lettuce tomato, cheese, salsa, Churro beans, fresh fruit, milk

14  
**Valentine's Day**  
 Mini corn dogs, rosy applesauce, Heartzels, carrot & celery sticks, milk, treat

8  
 Country fried steak, whipped potatoes, gravy, biscuit, corn, peaches, milk

9  
 Top your own mac and cheese, tomatoes, bacon, ham, broccoli, onions, applesauce, milk

19  
**PRESIDENTS' DAY / FLEX DAY**

20  
 Nachos, taco meat, queso cheese, salsa, refried beans, mixed berry cup, milk

21  
 Meatball sub, cheese, marinara sauce, California veggies, romaine lettuce, fresh fruit, milk

15  
 Chicken and noodles, mashed potatoes, roll green beans, fruit cup, fresh fruit, milk

16  
 Blackhawk burger, baked chips, lettuce, tomatoes, pickles, applesauce, milk

26  
 Country breakfast scramble bowl, eggs, sausage, cinnamon roll, tomato juice, potatoes, strawberry cup, milk

27  
 Crisпитos, salsa, mexi corn, romaine salad, peaches, milk

28  
 Calzones, marinara sauce, cheesy broccoli, fresh fruit, milk

22  
 Blackhawk bowl ☺  
 Chicken poppers, mashed potatoes, gravy, corn, biscuit, mixed fruit cup, milk

23  
 Top your own Ramen noodle bowl, Chicken, carrots, onions, peas, eggs, broccoli, fruit, milk

29  
 Chicken tenders, whipped potatoes, gravy, biscuit, mixed veggies, applesauce, milk.

**This institution is an equal opportunity provider.**