



School Information: WELCOME BACK ☺
 Lunch prices are \$2.45, reduced .40
 Lunch includes, entrée, fruit, vegetable and milk
 All menu items support the National School Lunch program



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

To set up an account or Deposit money into your students account please visit 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 site.

BOSCO STICKS W/ DIPPING SAUCE, MIXED VEGGIES, FRESH FRUIT, PEACHES, MILK

CHICKEN NACHOS, REFRIED BEANS, MEXI RICE, SALSA, APPLESAUCE, FRESH FRUIT, MILK

Sheridan Schools follow the N.S.L.P. guidelines Reduced; sugar, fat, sodium and calories. Whole grain bread products, and no trans fats.

BREAKFAST FOR LUNCH
 SAUSAGE, GRAVY, & BISCUIT, HASH BROWN, WARM SLICED APPLES, JUICE, MILK

CHICKEN PARMESAN, PASTA, GREEN BEANS, PEARS, FRESH FRUIT, MILK

CHEESE QUESDILLA, SALSA, BLACK BEANS, CILANTRO RICE ROMAINE LETTUCE, FRESH FRUIT, MILK

BLACKHAWK BOWL, CHICKEN POPPERS, MASHED POTATOES, GRAVY, CORN, ROLL, PEACHES, MILK

MINI CORN DOGS, O-RINGS, BROCCOLI, MIXED FRUIT, FRESH FRUIT, MILK

CHICKEN AND WAFFLES, JUICE, WARM SPICED APPLES, MIXED VEGGIES, MILK

IRISH NACHOS POTATO WEDGES, TACO MEAT, CHEESE, SALSA, PEARS, FRESH FRUIT, MILK

MEATBALL SUB, GREEN BEANS, APPLESAUCE, FRESH FRUIT, MILK

COUNTRY FRIED STEAK, MASHED POTATOES, CORN, BISCUIT, JUICE, FRESH FRUIT, MILK

CHICKEN TENDER WRAP, PEAS, FRESH FRUIT, PEACHES, MILK

BLACKHAWK BURGER, BAKED CHIPS, CARROTS, MIXED FRUIT, MILK

CHICKEN CRISPITOS, SALSA, MEXI RICE, CHARRO BEANS, SALAD, APPLESAUCE, MILK

SALISBURY STEAK, MASHED POTATOES, CARROTS, PEACHES, ROLL, MILK

RATTLE SNAKE BOWL, PENNE PASTA, FAJITA CHICKEN, QUESA CHEESE, SALSA, CORN, FRUIT, TORTILLA CHIPS, MILK

The following entrees are served daily; chicken sandwiches, pizza, burgers, salad bar, grab & go wraps, sandwiches, salads, fresh fruits & veggies, 1% and fat free milk.