

September 2017

SHERIDAN SMS-SHS

LUNCH



School Information:

Labor Day Sept. 4, students not in attendance.
E-learning day Sept. 13.



Nutrition Tip: Planning something Italian?

Add extra vegetables to your pizza and pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.



Monday

Tuesday

Wednesday

Thursday

Friday



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



Menu subject to change without notice.

1
MAC & CHEESE, CALIFORNIA BLEND VEGGIES, JUICE
APPLESAUCE, MILK

4
LABOR DAY
Students not in attendance.
Enjoy your day! ☺

5
BOSCO STICKS, W/ DIPPING SAUCE, SPINACH, MIXED FRUIT, FRESH FRUIT, MILK

6
SLOPPY JOE POTATO BOWL, CARROTS, APPLESAUCE, ROLL, JUICE, MILK

7
HOT DOG W/ FIXINGS, BAKED BEANS, PRETZELS, STEAMED BROCCOLI, PEARS, MILK

8
CHICKEN NOODLES, MASHED POTATOES, GRAVY, CORN, PEACHES, MILK

11
SAUSAGE, GRAVY, BISCUIT, HASH BROWN, WARM SLICED APPLES, JUICE, MILK

12
CHICKEN FINGERS, ROLL, SWEET POTATO FRIES, ROMAINE SALAD, FRESH FRUIT, MILK

13
E-learning day
LUNCH-COOKS CHOICE

14
COUNTRY FRIED STEAK, CORN, MASHED POTATOES, BISCUIT, MIXED FRUIT, MILK

15
BLACKHAWK BURGER, BAKED CHIPS, CARROT STICKS, APPLESAUCE, MILK

18
APPLE TEXAS TOAST, SAUSAGE, HASH BROWN, FRUIT, JUICE, MILK

19
PEPPERONI BOSCO STICKS W/ DIPPING SAUCE, SPINACH, APPLESAUCE, MILK

20
WALKING TACO, SALSA, REFRIED BEANS, SPANISH RICE, NACHO CHIPS, ROMAINE SALAD, FRUIT, MILK

21
BLACKHAWK BOWL, CHICKEN POPPERS, CORN, MASHED POTATOES, GRAVY, CHEESE, BISCUIT, PEACHES, MILK

22
HOT HAM AND CHEESE SANDWICH, PRETZELS, VEGGIES, FRESH FRUIT, MILK

25
TOP YOUR OWN BAKED POTATO, BROCCOLI, CHEESE, BACON BITS, DICED HAM, APPLESAUCE, MILK

26
BUFFALO CHICKEN STUFFER, CORN, FRESH FRUIT, JUICE, MILK

27
PASTA W/ MEATBALLS, ROMAINE SALAD, PEARS, JUICE, MILK

28
ASIAN BOWL OVER RICE, STEAMED VEGGIES, PINEAPPLE, FORTUNE COOKIE, MILK

29
TACO SOUP W/ A SIDE OF NACHOS & CHEESE, CHUNKY APPLESAUCE, CELERY AND CARROT STICKS, MILK