

# September 2018

## SMS-SHS SHERIDAIN

### LUNCH



#### School Information:

September 3<sup>rd</sup> Labor Day  
September 12<sup>th</sup> E- learning day  
September 17<sup>th</sup> - 21<sup>st</sup> Blackhawk homecoming



#### Nutrition Tip:

More fruits and vegetables are served at your school every day. A variety of fruits and vegetables are served throughout the week, including red, orange, and dark green vegetables.



### Monday

**LABOR DAY** 3  
Students not in attendance.  
Enjoy the day with family and friends. ☺

### Tuesday

**HAM & CHEESY POTATO BAKE, BROCCOLI, MIXED FRUIT, ROLL WITH BUTTER, MILK** 4

### Wednesday

**CHICKEN AND NOODLES, GREEN BEANS, FRESH FRUIT, BISCUIT, MILK** 5

### Thursday

**WALKIN TACO, SALSA, MEXI RICE, REFRIED BEANS, ROMAINE LETTUCE, APPLESAUCE, MILK** 6

### Friday

**MINI CORN DOGS, BAKED CHIPS, CARROTS, PEACHES, MILK** 7

**10**

**BOSCO STICKS, W/ MARINARA SAUCE, BROCCOLI, FRESH FRUIT, PEACHES, MILK**

**11**

**SWEET AND SOUR CHICKEN OVER RICE, PEAS, PINEAPPLE, JUICE, FORTUNE COOKIE, MILK**

**12**

**E-learning day**

**13**

**CHICKEN FAJITA, ONIONS AND PEPPERS, SPANISH RICE, BLACK BEAN SALAD, PEARS, MILK**

**14**

**B-B-QUE RIB SANDWICH, CELERY & CARROT STICKS, MIXED FRUIT, FRESH FRUIT, MILK**

**17**

**BREAKFAST FOR LUNCH ☺**  
**SAUSAGE GRAVY & BISCUIT, SAUSAGE PATTY, BREAKFAST POTATO, WARM SPICED APPLES, JUICE, MILK**

**18**

**PASTA WITH MEATBALLS, BREAD STICK, BROCCOLI, APPLESAUCE, MILK**

**19**

**BLACKHAWK BOWL ☺**  
**CHICKEN POPPERS, MASHED POTATOES, GRAVY, CORN, ROLL, MIXED FRUIT, MILK**

**20**

**CRISPITOS WITH SALSA, MEXI RICE, REFRIED BEANS, SALAD, PEACHES, MILK**

**21**

**GO GO BLACKHAWKS ☺**  
**BLACKHAWK BURGER, BAKED CHIPS, MIXED VEGGIES, FRESH FRUIT, JUICE, RICE KRISPY TREAT, MILK**

**24**

**BREAKFAST FOR LUNCH ☺**  
**FRENCH TOAST STICKS, SAUSAGE, POTATO, JUICE, PEACHES, MILK**

**25**

**PEPPERONI BOSCO STICKS, MARINARA SAUCE, SPINACH SALAD, APPLESAUCE, FRESH FRUIT, MILK**

**26**

**COUNTRY FRIED STEAK, MASHED POTATOES, GRAVY, ROLL, FRUIT, MILK**

**27**

**CHICKEN QUESADILLA, SALSA, CILANTRO RICE, SPICED BLACK BEANS, PINEAPPLE, MILK**

**28**

**TOP YOUR OWN BAKED POTATO, DICED HAM, CHEESE, BROCCOLI, ONIONS, FRESH FRUIT, JUICE, MILK**



Menu may change without notice

To set up an account or deposit money into your students account please go to:  
[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)

Applications for free/reduced lunch and breakfast can be found on [www.lunchapp.com](http://www.lunchapp.com) or paper copies are available at each school office.

