



School Information:

Spring break March 28th – April 4th

This institution is an equal opportunity provider.



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.



References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

Hot dog, potato wedges, California veggies, radishes, tropical fruit, milk

3

Or turkey sandwich

Chicken sticks, baked potato, broccoli and cheese, celery sticks, pears, milk

10

Or sunbutter sandwich

Grilled cheese sandwich, sweet potato fries, great northern beans, carrot sticks, tropical fruit, milk

17

Or chef salad

Chicken sandwich, French fries, mixed veggies, pickles, mixed fruit, milk

24

Or turkey sandwich

SPRING BREAK



TUESDAY

Taco, w/ lettuce and cheese, black beans, Spanish rice, fantastix sticks, fresh fruit, milk

4

Rotini w/ meat sauce, romaine salad, cherry tomatoes, Bosco stick, fresh fruit

11

Teriyaki chicken, fried rice, eggroll, vegetables, fresh fruit, fortune cookie, milk

18

Mini corn dogs, baked beans, coleslaw, pepper strips, fresh fruit, milk

25

Please review student account procedures found on www.scs.k12.in.us than select school, services, food service tab.

WEDNESDAY

Country fried steak w/ gravy, whipped potatoes, spinach, cornbread, applesauce, milk

5

Blackhawk bowl, chicken smackers, corn, potatoes, gravy, cheese, roll w/ butter, peaches, milk

12

Beef and noodles, whipped potatoes, green beans, bread and butter, pears, milk

19

Chicken tenders, mashed potatoes, cooked carrots, roll w/ butter, applesauce, milk

26

THURSDAY

Chicken tetrazzini, romaine salad, sliced cucumbers, garlic bread, fresh fruit, milk

6

Quesadilla, refried beans, cilantro lime rice, pepper strips, fresh fruit, milk

13

Chicken parmesan, romaine salad, sliced cucumbers, breadstick, fresh fruit, milk

20

Pizza, baked chips, romaine salad, cherry tomatoes, fresh fruit, milk, cookie

27

FRIDAY

Fish shapes, macaroni and cheese, coleslaw, red pepper strips, pineapple, milk

7

Mini pancakes, sausage patty, hash brown patty, tomato juice, cooked apples, milk

14

Chicken nuggets, potato skins w/ cheese, baked beans, celery sticks, pineapple, milk

21

SPRING BREAK BEGINS



Sheridan schools follow the U.S.D.A guidelines to offer students healthy and nutritious meals that include all food groups.