

SEPTEMBER 2021 SHERIDAN MIDDLE & HIGH SCHOOL

LUNCH



School Information:

Sept. 6th, no school, Labor Day ☹️

This institution is an equal opportunity provider.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Bosco sticks, marinara, sauce, broccoli w/ chesse, mixed fruit, milk

2
Chicken and noodles, mashed potatoes, corn, roll, fresh fruit, milk

3
Garlic & cheese pull-apart bread, dipping sauce, carrots, fruit, milk

6
Labor Day
No school ☹️

7
Pancake wrap, cheese potatoes, spiced apples, juice, milk

8
International Literacy Day
Pepperoni calzone, dipping sauce, broccoli & cheese, fresh fruit, milk

9
Country fried steak, corn, whipped potatoes, roll, applesauce, milk

10
Walking taco, seasoned beans, salsa, romaine lettuce, pears, milk

13
Sausage gravy w/ biscuit, breakfast potatoes, sausage link, warm spiced apples, juice, milk

14
Rattlesnake bowl, fajita chicken, salsa, penne pasta, cheese, mexi corn, fresh fruit, milk

15
Bosco sticks, dipping sauce, green beans, pasta salad, orange slices, milk

16
Chicken tenders, mashed potatoes, gravy, mixed vegetables, roll w/ butter, peaches, milk

17
Blackhawk burger, baked chips, lettuce, tomato, onion, pickle, baked beans, fresh fruit, milk

20
Meatball sub w/ cheese, mixed vegetables, fresh fruit, milk

21
chicken quesadilla, salsa, charro beans, spiced rice, peaches, milk

22
First Day of Fall
Mini corndogs, baked chips, corn, mixed fruit, milk

23
Salisbury steak, mashed potatoes, green beans, Texas toast, applesauce, milk

24
B-B-q pork slider, side of mac & cheese, coleslaw, fresh fruit, milk

27
Mini pancakes, sausage, spiced warm apples, juice, breakfast potatoes, milk

28
Nachos, meat, cheese, beans, lettuce, salsa, cilantro rice, peaches, milk

29
World School Milk Day
Pepperoni Stromboli, marinara sauce, side salad, fresh fruit, milk

30
Blackhawk bowl, Chicken poppers, mashed potatoes, gravy, cheese, corn, biscuit, mixed fruit, milk

