

JANUARY 2025

SHERIDAN MIDDLE AND HIGH SCHOOL

LUNCH



School Information:

School is back in session on Jan. 6th 2025
January 20th is Martin Luther King Jr. day/ *Flex day*



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

French toast sticks,
Sausage patty
Breakfast potatoes,
tomato juice, warm
spiced apples, milk

6

Chicken cheese
quesadilla,
Salsa, churro beans,
Mexi corn, fresh fruit,
milk

7

Bosco stick , marinara
Sauce,
California veggies,
mixed berry cup, milk

8

Chicken and noodles,
Green beans, mashed
potatoes, roll, fresh
fruit, pears, milk

9

Blackhawk burger, tater
tots, lettuce, tomato,
pickle, frozen strawberry
fruit cup, milk

10

Chicken and waffles,
Hash browns,
Tomato juice, spiced
apples, fresh fruit, milk

13

Walking taco, meat
cheese, salsa, refried
beans, romaine lettuce,
peaches, milk

14

Italian calzone, marinara
sauce, broccoli w/ cheese,
Spinach salad, fresh fruit,
milk

15

Blackhawk bowl, whipped
potatoes, gravy, biscuit,
corn, cheese, applesauce
cup, milk

16

Grilled cheese and
tomato soup, celery and
carrot sticks, fresh fruit,
milk

17

Martin Luther King Jr. day
/ Flex day

20

Crispitos, salsa,
cilantro lime rice, corn,
fresh fruit, mixed fruit cup,
milk

21

Lasagna roll-up, marinara
sauce, 3 bean salad, mixed
veggies, garlic bread,
strawberry fruit cup, milk

22

Salisbury steak, baked
potatoes, gravy, green
beans, roll, fresh fruit,
milk

23

B-B-Q Pork slider, side of
mac and cheese,
coleslaw, carrot sticks,
applesauce, milk

24

Sausage gravy biscuit,
sausage patty,
Scalloped potatoes,
tomato juice, mixed fruit,
milk

27

Street tacos, meat,
cheese, romaine lettuce,
salsa, warm black beans,
Fresh fruit, milk

28

Chicken alfredo, bread
stick, broccoli, spinach
salad, peaches, milk

29

Country fried steak,
mashed potatoes, gravy,
cornbread, carrots, fresh
fruit, milk

30

Corndog, baked chips,
Pasta salad, mixed
veggies, fruit cup, milk
and treat.

31