

# DECEMBER 2023 SHERIDAN MIDDLE AND HIGH SCHOOL

## LUNCH



### School Information:

WINTER BREAK Dec. 21<sup>st</sup> – Jan. 3<sup>rd</sup> 2024 ENJOY WITH FAMILY AND FRIENDS ☺



**Nutrition Tip:** Include whole grains. 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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



### WEDNESDAY



### THURSDAY



### FRIDAY

Top your own Ramen noodle bowl, Chicken, carrots, onions, peas, eggs, broccoli, eggroll, fresh fruit, milk

1

French toast sticks, sausage links, breakfast potatoes, tomato juice, warm spiced apples, milk

4

Rattlesnake bowl, Penne pasta, chicken, salsa, queso cheese, refried beans, nacho strips, pears, milk

5

Calzone, broccoli w/ cheese, marinara sauce, mixed fruit cup, fresh fruit, milk

6

Salisbury steak, whipped potatoes, gravy, green beans, roll, peaches, milk

7

B-B-q rib slider, mac & cheese, coleslaw, carrots, applesauce, milk

8

Pancakes, sausage, hash browns, vegetable juice, brown sugar apple slices, milk

11

Totchos, tater tots, taco meat, cheese, romaine salad, salsa, fruit cup, milk

12

Bosco sticks, marinara sauce, corn, romaine salad, fresh fruit, milk

13

Chicken and noodles, mashed potatoes, green beans, roll and butter, mixed fruit, milk

14

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

15

Cinnamon Texas toast, breakfast potatoes, warm apple topping, sausage, veggie juice, milk

18

Walking taco Taco meat, cheese, salsa, chips, charro beans, romaine salad, fresh fruit peaches, milk

19

Cooks choice, vegetables, fruit, milk

20

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WINTER BREAK BEGINS

21

☺  
WINTER BREAK

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WINTER BREAK

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WINTER BREAK

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WINTER BREAK

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WINTER BREAK

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WINTER BREAK

29