

December 2018

Sheldon Community School



**Meal Prices-Students--\$2.65
Adults--\$3.70**

This institution is an equal opportunity



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

3
Italian Dunkers/Cheese Bread
Broccoli/Carrots
Pears
Milk

4
Potato Nugget Hot Dish
Corn
Peaches
Bread
Milk

5
Chicken Strips
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk

6
Chicken/Chili/Veg Soup
Carrots/Celery
Crackers
Warm Apple Slices
Bread/Butter
Milk

7
Hamburger/Bun
French Fries
Baked Beans
Mixed Fruit
Milk

10
Cream Chicken
Whipped Potatoes
Green Beans
Bananas
Milk

11
BBQ Rib or Turkey Sub
Potato Wedges
Vegetable Bar
Mixed Fruit
Milk

12
Mini Corn Dogs
Smiles
Broccoli
Peaches
Milk

13
Tacos—Bag or Hard Shell
Lettuce/Tomato/Cheese
Refried Beans
Corn
Pears
Milk

14
Chicken Quesadilla
Lettuce Salad
Carrots/Celery
Pineapple
Milk

17
Christmas Nuggets
Whipped Potatoes/ Gravy
Green Beans
Bananas
Milk

18
Stromboli
Broccoli/Carrots
Sidekicks
Milk

19
Chicken Fajita on
Flatbread or Softshell
Oven Potatoes/Carrot Sticks
Pears
Milk

20
Baked Potato with
Cheese/Chili
California Mix/Green Beans
Peaches
Milk

21
Hotdog/Bun
French Fries
Baked Beans
Applesauce
Milk

24
NO SCHOOL

25
MERRY
CHRISTMAS

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

31
NO SCHOOL



Salad Bar available daily
at Middle School and
High School.

Menus subject to
change without notice.

