

September 2018

Sheldon Community School

LUNCH



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

This institution is an equal opportunity provider



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

No School

3

Tuesday

Creamed Chicken
Whipped Potatoes
Green Beans
Bananas
Bread/Butter
Milk

4

Wednesday

Chicken Fajita on
Softshell or Flat Bread
Lettuce/Tomatoes/Cheese
Smiles
Vegetable Bar
Peaches
Milk

5

Thursday

Nachos Supreme with
Meat/Cheese
Lettuce Salad
Carrots/Celery
Refried Beans
Applesauce
Milk

6

Friday

Chicken Patty on a Bun
Ranch Wedges
Carrot Sticks
Watermelon Wedges
Milk

7

Taverns
Sweet Potato Fries
Coleslaw
Bananas
Milk

10

Stromboli
Broccoli/Carrots
Sidekicks
Graham crackers
Milk

11

Mini Corn dogs
Smiles
Green Beans
Peaches
Milk

12

Softshell Tacos
Lettuce/Tomato/Cheese
Corn
Ranchero Beans
Churros
Milk

13

Hamburger on a Bun
French Fries
Baked Beans
Pears
Milk

14

Chicken Nuggets
Whipped Potatoes
Gravy
Green Beans
Bananas
Milk

17

Potato Nugget Hot Dish
Corn
Peaches
Bread/Butter
Milk

18

Italian Dunker/Cheese Bread
Lettuce Salad
Carrots/Celery
Rice Krispie Treat
Pears
Milk

19

Baked Potato
Cheese/Meat
California Blend/Green Beans
Applesauce
Milk

20

Hotdog on a Bun
Baked Chips
Baked Beans
Carrot Sticks
Apple Slices
Milk

21

Orange Chicken
Broccoli/Carrots
Oriental Rice
Bananas
Milk

24

Lasagna
Lettuce Salad
Carrots/Celery
Peaches
Garlic Bread
Milk

25

Pork Tenderloin/Bun
Oven Potatoes
Baked Beans
Peaches
Milk

26

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

27

Pizza
Vegetable Bar
Pineapple
Milk

28



**Menus subject to
change without notice**

