

# April 2018

# Sheldon Community School District



**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

2  
No School

3  
No School

4  
Chicken Grill  
Pasta with Alfredo  
Broccoli/Carrots  
Bananas  
Fruit  
Milk

5  
Softshell Tacos  
Lettuce/Cheese/Tomato  
Corn/Refried Beans  
Peaches  
Milk

6  
Double Stuffed Pizza  
Lettuce Salad  
Carrots  
Pineapple  
Milk

9  
Creamed Chicken  
Potatoes/Gravy  
Peas  
Bananas  
Milk

10  
Hamburger/Bun  
French Fries  
Baked Beans  
Applesauce  
Milk

11  
Scalloped Potatoes  
w/Ham or Hotdogs  
Green Beans  
Peaches  
Milk

12  
Baked Potato  
w/Chili/Cheese  
California Mix/Green Beans  
Pears  
Milk

13  
Chicken Fajita on Flat Bread  
Ranch Wedges  
Lettuce/Tomatoes/Cheese  
Pineapple  
Milk

16  
Chicken Nuggets  
Whipped Potatoes/Gravy  
Green Beans  
Bananas  
Milk

17  
Stromboli  
Broccoli/Carrots  
Sidekicks  
Milk

18  
No School

19  
Lasagna  
Veg. Bar  
Garlic Bread  
Peaches  
Milk

20  
Chicken Patty/Bun  
Ranch Wedges  
Carrot Sticks  
Mixed Fruit  
Milk

23  
Tavern/Bun Or  
(BBQ Pork @ HS)  
Sweet Potato Fries  
Cole Slaw  
Bananas  
Milk

24  
Potato Nugget Hotdish  
Corn  
Peaches  
Bread/Butter  
Milk

25  
Corn Dog  
Smiles  
Baked Beans  
Pears  
Milk

26  
Nachos Supreme  
w/Meat & Cheese Sauce  
Lettuce/Carrots  
Pears  
Milk

27  
Pizza  
Broccoli/Carrots  
Pineapple  
Milk

30  
Chicken Strips  
Whipped Potatoes/Gravy  
Green Beans  
Bananas  
Milk



Choice of Salad Bar available  
at Middle & High School daily  
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Menus subject to  
change without notice

