

January 2018

Sheldon Community School



**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

Tuesday

Wednesday

Thursday

Friday

1
Happy New Year

2
Meatloaf
Whipped Potatoes/Gravy
Corn
Applesauce/Milk

3
Corn Dog
Smiles
Baked Beans
Peaches/Milk

4
Chicken/Chili/Veg.Soup
Carrots/Celery
Warm Apples
Bread/Butter/Milk

5
Chicken Pattie/Bun
Ranch Wedges
Carrot Sticks
Pears/Milk

8
Popcorn Chicken
Whipped Potatoes/Gravy
Green Beans
Bananas/Milk

9
Lasagna
Lettuce/Carrots/Celery
Peaches
Garlic Bread/Milk

10
Lil Bites-Nacho
Smiles
Carrot Sticks
Pears/Milk

11
Hotdog/Bun
French Fries
Baked Beans
Applesauce/Milk

12
No School

15
No School

16
Creamed Chicken
Whipped Potatoes
Green Beans
Mixed Fruit/Milk

17
Hamburger/Bun
French Fries
Baked Beans
Pears/Milk

18
Tacos-Softshell
Lettuce/Tomato/Cheese
Corn/Refried Beans
Peaches/Milk

19
Stuffed Crust Pizza
Lettuce/Carrots/Celery
Pineapple
Milk

22
Taverns/Bun
Sweet Potato Fries
Coleslaw
Bananas/Milk

23
Scalloped Potatoes
w/Ham/Hotdog
Green Beans
Pears/Milk

24
Italian Dunkers
Winter Mix/Carrots
Peaches
Milk

25
Nacho Supreme
w/Cheese and Meat
Lettuce/Carrots/Celery
Pineapple/Milk

26
Pork Tenderloin/Bun
Wedges
Baked Beans
Mixed Fruit/Milk

29
Chicken Nuggets
Whipped Potato/Gravy
Green Beans
Bananas/Milk

30
Potato Nugget Hot Dish
Corn
Peaches
Bread/Butter/Milk

31
Hot Ham/Cheese
Smiles
Baked Beans
Applesauce/Milk

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