## January 2019

## **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
Salad Bar available daily at Middle & High School.  ~~  Menus subject to change without notice.	NO SCHOOL	Hamburger/Bun French Fries Baked Beans Bananas Milk	Taco-Soft Shell Lettuce/Tomato/Cheese Refried Beans/Corn Pears Churros Milk	Chicken Pattie/Bun Smiles Green Beans Peaches Milk
Chicken Whipped Potatoes/Gravy Green Beans Bananas Milk	Lasagna Lettuce Salad/Carrots/Celery Garlic Bread Peaches Milk	Corn Dog Potato Wedges Corn Pears Milk	Hot Ham/Cheese Oven Potatoes Baked Beans Mixed Fruit Milk	Stuffed Crust Pizza Broccoli/Carrots Pineapple Milk
NO SCHOOL	NO SCHOOL	Country Fried Steak Whipped Potatoes/Gravy Green Beans Bananas Milk	Chicken/Veg/Chili Carrots/Celery Crackers Warm Apples Milk	Hotdog/Bun French Fries Baked Beans Peaches/Graham Snacks Milk
Orange Chicken Broccoli/Carrots Asian Rice Bananas Milk	Tuna/Noodles Peas/Mixed Peaches Dinner Roll Milk	Mr Ribb/Bun OR Turkey/Cheese Bun Smiles Green Beans Mixed Fruit/Milk	Nachos Supreme w/ Meat /Cheese Lettuce Salad Carrots/Celery Ranchero Beans/Pears/Milk	French Toast Smokies Hashbrowns Carrot Sticks Oranges/Milk
Tavern/Bun Coleslaw Sweet Potato Fries Bananas Milk	Stromboli Broccoli/Carrots Sidekicks Cookie Milk	Pork Tenderloin/Bun Ranch Wedges Baked Beans Peaches Milk	Taco in a Bag Lettuce/Tomatoes/Cheese Refried beans/Corn Churro Milk	