

# DECEMBER 2024

## SHERIDAN ELEMENTARY SCHOOL

### LUNCH



#### School Information:

WINTER BREAK Dec. 23<sup>rd</sup> – Jan. 3<sup>rd</sup> 2025 😊  
Enjoy with family and friends!



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

#### MONDAY

Fajita bowl, chicken, cheese, rice, refried beans, chips, salsa, pineapple, milk

2

**2<sup>nd</sup> choice**  
**Sunbutter sandwich**

#### TUESDAY

Fish shapes, macaroni & cheese, buttered peas, radishes, fresh fruit, milk

3

#### WEDNESDAY

Chicken & noodles, mashed potatoes, steamed broccoli, roll w/ butter, applesauce, milk

4

#### THURSDAY

Cheeseburger, French fries, stewed tomatoes, celery sticks, fresh fruit, milk

5

#### FRIDAY

Chicken parmesan, romaine salad, sliced cucumbers, bosco stick, mixed fruit, milk

6

White chicken chili, cornbread, pickle spears, carrot sticks, tropical fruit, milk

9

**2<sup>nd</sup> choice**  
**Chef salad**

Johnny Marzetti, romaine salad, cherry tomatoes, breadstick, fresh fruit, milk

10

Blackhawk bowl, popcorn chicken, corn, cheese, gravy, potatoes, bread and butter, peaches, milk

11

Honey BBQ riblet sandwich, sweet potato fries, coleslaw, pickles, fresh fruit, milk

12

Belgian waffle, sausage links, hash brown patty, tomato juice, cooked apples, milk

13

Chicken nuggets, French fries, cauliflower w/ cheese, pepper strips, applesauce, milk

16

**2<sup>nd</sup> choice**  
**Turkey sandwich**

Pulled B-B-Q pork, coleslaw, baked beans, cornbread, fresh fruit, milk

17

Chicken drumstick, whipped potatoes, green beans, roll w/butter, frozen fruit cup, milk

18

corn dog, onion rings, mixed vegetables, celery sticks, fresh fruit, milk

19

Pizza, romaine salad, cherry tomatoes, baked chips, pineapple, milk, cookie

20

WINTER BREAK BEGINS



23

WINTER BREAK

24

MERRY CHRISTMAS



25

WINTER BREAK

26

WINTER BREAK

27

WINTER BREAK

30

NEW YEARS EVE



31



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