



School Information:

Labor Day, Sept. 4th school not in session

This institution is an equal opportunity provider



September is Whole Grains Month! 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.



MONDAY

SHERIDAN SCHOOLS OFFER FREE BREAKFAST TO ALL STUDENTS THIS SCHOOL YEAR. 😊

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day
SCHOOL NOT IN SESSION, ENJOY THE DAY WITH FAMILY AND FRIENDS. 😊

4

Ravioli in meat sauce, Romaine salad, cherry tomatoes, bosco stick, fresh fruit, milk
2nd entrée, chef salad

5

Salisbury steak, whipped potatoes, mixed vegetables, roll w/ butter applesauce, milk

6

Chicken sandwich, tater tots, broccoli w/ cheese, pickles, fresh fruit, milk

Fajita bowl
Fajita meat, rice, shredded cheese, black beans, pepper strips, fresh fruit, milk

7

Bean burrito, Mexican corn, nacho chips, w/salsa, pineapple, milk

Hamburger, tater tots, pickles, great northern beans, tropical fruit, milk

1

8

Mini corn dogs, sweet potato fries, green beans, celery sticks, pineapple, milk
2nd entrée turkey sub

11

Pepperoni pizza, romaine salad, cucumbers, baked chips, fresh fruit, milk

12

Blackhawk bowl, Chicken, potatoes, corn, shredded cheese, gravy, bread & butter, peaches, milk

13

Fish sandwich, w/ cheese, baked beans, onion rings, carrot sticks, fresh fruit, milk

14

Biscuit & gravy, sausage patty, hashbrowns, tomato juice, cooked apples, milk

15

Chicken nuggets, baked potatoes, broccoli & cheese, celery, mixed fruit, milk
2nd entrée sunbutterwich

18

Quesadilla, charro beans, Mexican rice, pepper strips, fresh fruit, milk

19

Meatloaf, mashed potatoes, cooked carrots, roll w/ butter, mandarin oranges, milk

20

Ham & cheese sandwich, roasted sweet potatoes, green beans, radish, fresh fruit, milk

21

Stromboli, romaine salad, cucumbers, baked chips, pears, milk

22

Riblet sandwich, potato salad, baked beans, pickles, peaches, milk
2nd entrée chef salad

25

Chicken tenders, sweet potato fries, coleslaw, celery sticks, fresh fruit, milk

26

Pork chop, mashed potatoes, green beans, cornbread, applesauce, milk

27

Bosco stick w/ marinara sauce, romaine salad, cherry tomatoes, fresh fruit, cookie, milk

28

Potato wedge nachos, w/ taco meat, and cheese, blackbeans, pepper strips, tropical fruit, milk

29