

# SEPTEMBER 2024

## SHERIDAN MIDDLE AND HIGH SCHOOL

### LUNCH



#### School Information:

**LABOR DAY SEPT. 2<sup>ND</sup> school not in session**  
**Sheridan Homecoming Sept. 27<sup>th</sup> GO BLACKHAWKS**



**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

##### Labor Day

2

**School not in session.**  
**Enjoy the day with family and friends.**

#### TUESDAY

3

Nachos, meat & cheese, romaine lettuce, salsa, black bean salad, peaches, milk

#### WEDNESDAY

4

Ravioli, garlic bread, marinara sauce, California veggies, fresh fruit, milk

#### THURSDAY

5

Chicken tenders, mashed potatoes, gravy, corn, roll, mixed fruit cup, milk

#### FRIDAY

6

Hot dog, baked beans, carrot sticks, baked chips, fresh fruit, milk

9

Apple cinnamon French toast, sausage patty, hash browns, tomato juice, warm spiced apples, milk

10

Crispitos, salsa, refried beans, mexi. corn, fresh fruit, milk

11

Chicken alfredo, pasta, breadstick, steamed broccoli, mixed fruit cup, fresh fruit, milk

12

Salisbury steak, whipped potatoes, gravy, green beans, corn bread, applesauce, milk

13

Grilled cheese, tomato soup, carrot and celery sticks, baked chips, fresh fruit, milk

16

Sausage gravy w/ biscuit dipping sticks, sausage link, tomato juice, peach crisp, fresh fruit, milk

17

Rattlesnake bowl, pasta, chicken fajita, salsa, romaine salad, pears, milk churro,

18

Bosco sticks, marinara sauce, mixed veggies, fresh fruit, milk

19

Turkey Manhattan, sliced turkey, gravy, bread, mashed potatoes, corn, mixed fruit cup, milk

20

Top your own baked potato, diced ham, cheese, broccoli, bacon bits, black beans, onions, / fresh fruit, muffin, milk

23

**HOMECOMING WEEK**  
French toast sticks, sausage, tomato juice, breakfast potatoes, applesauce, milk

24

Meat and cheese Enchiladas, Spanish rice, salsa, cooked carrots, 3 bean salad, fresh fruit, milk

25

Philly beef steak sandwich w/cheese, roasted onions & peppers, romaine salad, pears, milk

26

Blackhawk bowl, chicken poppers, mashed potatoes, gravy, corn, cheese, roll, fruit cup, milk

27

Blackhawk burger 😊  
burger, bacon, cheese, tater tots, lettuce, pickle, tomato, fresh fruit, milk, cookie

30

Breakfast bowl, scrambled eggs, diced ham, cheese, salsa, tomato juice, cinnamon roll, applesauce, milk

We also serve, pizza, salads chicken sandwiches, cheeseburgers, "Grab & Go" meals, fresh fruit and veggies, every school day.



This institution is an equal opportunity provider.